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COVERING LOCAL
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LOCAL PEOPLE

Happy New Year 2017

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REPORTER**

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ISSUE 19 • JANUARY 2017

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RAMSEY & WARBOYS ISSUE 19
JANUARY 2017

REPORTER

Happy New Year 2017

COVERING LOCAL NEWS, SERVING LOCAL PEOPLE

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WALL PLANNER INSIDE
SEE CENTRE PAGES

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Ramsey Councillor receives MBE in New Year's Honours

Councillor Peter Reeve has received an MBE in the Queen's New Year's Honours List.

Cllr Reeve, who represents Ramsey on Cambridgeshire County Council, Huntingdonshire District Council and Ramsey Town Council, was awarded the honour for 'Services to Local Government'.

Having served his community for seven years, being re-elected four times since 2009, Cllr Reeve is best known for the community work that he undertakes, including reopening the public toilets, combating anti-social behaviour in the night time and working hard to successfully unlock funds for the introduction of speed calming measures in the Ramsey villages and town.

Cllr Reeve is widely respected for his proactive 'can do' attitude and his ability to get the job done.

As well as being a dedicated local Councillor, Cllr Reeve has twice been elected as the Deputy Leader

of the Independent group of the Local Government Association (LGA) which represents cross party groups of Councillors including all Independents, Green, UKIP and Plaid Cymru Councillors. In 2015 Cllr Reeve became a Deputy Chairman of the LGA.

Since 2009 Cllr Reeve has been the National Spokesman on Local Government for UKIP and was recently reconfirmed in this role by the new UKIP Party leader, Paul Nuttall MEP, making Cllr Reeve the longest standing portfolio holder in UKIP and the first person to be named on the Queen's New Year's Honours list whilst holding office for UKIP.

Politically, Cllr Reeve was the driving force behind UKIP's electoral success with regard to Ramsey Town Council. UKIP leader Paul Nuttall was one of

the first to offer his congratulations to Cllr Reeve, saying "Pete is one of our longest serving Councillors and has an insatiable work ethic, he rolls up his sleeves and gets the job done. Pete is a great role model for how public service really can make a difference to real people's lives. I am sure that he will continue to be as dedicated and successful for many years to come."

Cllr Reeve stated "This is a truly unexpected honour which is incredibly humbling. I recognise that this honour represents not just my strong belief in rolling up your sleeves and making a difference in your own community but it also reflects the hard work and contribution made by all of the volunteers and teams who work alongside me, this honour is a recognition of the work they do in making our communities a great place to live, work and play."





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Each month, we bring you the best selection of news, views and what's on in the Ramsey area - written and produced locally and delivered FREE to your door.

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If you have a story or if you know of an event which may be of local interest please let us know; we can publish it in your newspaper,
The Ramsey & Warboys Reporter

Phone: 01487 462 100

info@ramseyandwarboysreporter.co.uk

HAPPY NEW YEAR 2017



36,948

Ramsey Reporter website view count between January and November 2016.

Over 100 writers have contributed to The Reporter this year, including residents, Town Councillors, local experts, sports people and popular societies.

HAPPY NEW YEAR!

In the boxes this month, we've taken a look back over the past 12 months of reporting and advertising in the Ramsey and Warboys Reporter. Hopefully, you will have your own fond memories of our many stories in 2016 - we look forward to bringing you even more next year. Everyone at the Reporter wishes you, our readers, a very happy New Year!

+18,000

Number of photographs taken by our Editor Adam and selected contributors over the course of the year.



Annual Church Fete St Thomas a Becket and Ramsey St Mary's

The 2017 churches' fête is to be held on **Saturday 17th June**.

Plenty of entertainment and stalls will be there, so please make a note of the date in your diaries and come along for a fun-filled afternoon.

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DATES FOR YOUR DIARY

JANUARY 2017

8th Ouse Washes Molly Dancers

The Jolly Sailor

9th Ramsey Plough Monday

Junior School - Abbey College

10th Ramsey & District U3A

Ramsey Community Centre

14th Down2Earth (UnLtd* Event)

White House Farm

16th New Carers Hub Meeting

Ramsey Library

*For more information, please visit:
discoverramsey.co.uk/events*

+250

Local Businesses advertised and featured in 2016

ITS A **GOOD** MONTH FOR

UKULELES

Upwood Ukuleles have been busy making their Christmas single, which was featured on BBC Cambs

ITS A **BAD** MONTH FOR

FROST & ICE

Crashes have been reported across the area as vehicles struggle with the icy conditions on fen roads.



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A MOST UNUSUAL DINNER PARTY

by Adam Roberts

My work this year has taken me to a few unusual events, and this month was no exception - A party celebrating a different kind of milestone, with not a beer in sight. The small gathering was held to celebrate the forty years of sobriety achieved by Nick Charles MBE, founder of the Ramsey-based Gainsborough foundation and the first man ever to be honoured for services to people with alcohol problems. That honour came as just part of a long road, one which saw rock bottom and has climbed to unimaginable heights. I'll be exploring his remarkable life story in next month's Ramsey Reporter.





Mr Vara pictured with Mrs Lucinda Blood and students from Abbey College, Ramsey

Abbey College tours Parliament

Abbey College Students were offered a tour of the Houses of Parliament this month by local MP Shailesh Vara.

Mr Vara, MP for North West Cambridgeshire, met sixth form Government and Politics students from Abbey College, Ramsey, in the House of Commons as part of an educational tour of Parliament.

Mr Vara had a lively question and answer session in which the students quizzed him on a number of local and national issues. As part of their tour the students sat in on debates taking place in both the House of Commons and the House of Lords and were given an insight into the ceremonies and traditions of Parliament.

Following the visit Mr Vara said: "We had an interesting question and answer session

during which we discussed a wide range of local and national issues. I also explained the role of an MP and how important the work of the various committees is in scrutinising the Government. It was a privilege to have an opportunity to engage with this intelligent group of young people."

The experience was well received by students, with one writing that "our afternoon ended with a short session with Mr Shailesh Vara, MP, who answered student questions and gave a brief on his role as an MP." Mrs Lucinda Blood, teacher of politics, remarked that once again the tour and workshop were engaging and her students thoroughly enjoyed seeing debates in both Houses and having a chance to meet their local MP.

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Bus changes hit Ramsey

Residents are protesting changes being proposed by Stagecoach to bus services in Ramsey.

Timetable changes include scrapping the 7:10 service on the number 30 bus between Ramsey and Huntingdon and moving the 7:20 (A) service between Ramsey and St Ives forward by ten minutes as a replacement, with the whole timetable for the (A) service operating ten minutes earlier throughout the day.

The Stagecoach website explains the change, stating: "0710 journey between Ramsey and Huntingdon will no longer operate. Customers who currently catch this service between Warboys and Huntingdon will be able to catch service 3".

It continues "Customers currently using this service between Ramsey and Warboys will be able to use service A and change onto service 35 in Warboys. The service A journey will not serve Wistow, however customers can catch this service from the stop on the B1040 at the junction of Hill Road".

However, the changes have been criticised by residents, including Jacqui Akasha, who has contacted StageCoach regarding the changes. Speaking as a user of the service, Jacqui pointed out that around 20 people regularly use the service and noted her disappointment at how the changes had not been communicated to users, saying "I and others on the bus as well as those in local organisations would be only too willing to help promote services. but to do that we need to see you and have good communications. After all, we all want a decent service! With more than 100 new homes due to be built in Ramsey alone, and a new development recently built in Warboys, there are lots of

potential passengers around - but they need to be enticed with a good service, not a struggling/unwilling service!"

Jacqui also offered several suggestions to Stagecoach on how they could not only continue but improve the current service. These included:

- Using the Wisbech service (to Benwick) for passengers from March and Chatteris and run the 30/35 from there, through Ramsey and route as normal.
- Running the 35 through Ramsey Forty Foot (from March and Chatteris) and continue as normal.
- Continuing to use two buses and cover Wistow village with the 30 (and go straight through at Warboys Clock Tower) and miss out OldHurst while the 35 covers Warboys as usual and Oldhurst.

Bus services are already crucial to many residents in the area. Statistics gathered by Ramsey Neighborhoods Trust show Ramsey sits as one of the top third most deprived small areas in the country, with one area ranked as the 5th most deprived small area in the District. Over 15% of households do not own a car or van and it is a 24 mile round trip to the nearest large town.

Currently, residents are also able to use the Ramsey Community Bus, a voluntary non-profit organisation managed by a Committee which provides transport for other not-for-profit groups, the elderly and handicapped residents within the rural area of Ramsey.

For more information or full details of these changes, visit stagecoach.co.uk or check the publicly-posted timetable.

County council looking for new tenants

Cambridgeshire County Council is looking for new tenants at one of its farms in the Warboys Area as part of a wider search.

The County Council will be hosting an open day early in the new year to showcase the holdings on offer, which includes Dawsons Farm in Warboys.

The property in question is set on 105.77 hectares (261.35 acres) of land, which is predominantly black clay loam soil, together

with a bungalow and several outbuildings. The farm will be available to let in October 2017.

The County Council is looking for tenants at several properties as part of its farm estate, which currently looks after 33,000 acres of Cambridgeshire countryside. In the last 16 years some 88 new entrants have joined the estate, including several farms in the Ramsey area.

BUSY MONTH CAPPED BY RADIO TIME FOR UPWOOD UKULELES

Popular musical group Upwood Ukuleles have been busier than ever this month, and once again performed live on BBC Cambridgeshire for the third year running.

Alongside gigging at several local events, the Upwood-based group also found time to film and launch a charity music video, supporting their designated Charity Magpas. This year the Ukuleles, who usually forgo their fees in order to request a suitable donation to Magpas, recorded a version

of Bob Dylan's It Must Be Santa, which has received almost 2000 views in the last two weeks.

Formed in February 2014 with the accent on having fun and making music together, Upwood Ukuleles have gone from strength to strength, playing at an ever increasing variety of community events and private gigs.

This Christmas season they have raised over £2000 for Magpas.

Parish Council opens doors to community

Warboys Parish Council celebrated the end of the year by coming together with the many residents, volunteers and employees who help keep Warboys running.

Gathering for their final meeting of the full Parish Council in 2016, the councillors invited the entire parish team to enjoy a social get-together before the meeting began.

In a post entitled "Our Team caring for the Community", Warboys Parish Council stated "It was great for us all to be together - the clock winder, the internal auditor, the ladies who keep the Parish Centre in pristine condition, the Timebank Co-ordinator, our two handymen, the Parish Clerk and Council members."

"Thank you to everyone who contributes to making our village the great place it is. Best wishes from us all for Christmas and 2017."



Can you spot who everyone is in the photo? You can get to know your Councillors by visiting the fortnightly surgeries in the Library on Saturdays 10-12 or by coming to meetings.

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By Adam Roberts

A last-minute Christmas performance by the Lamphouse Theatre company was a huge success, attracting over 100 residents to the Ramsey 1940's Camp last month.

Organised in partnership with the Promoting Ramsey Project, the performance of Treasure Island was held in the Drill Hall at Ramsey 1940's Camp on Friday 2nd December. A playful interpretation of the famous story devised by the company themselves, a small company of actors played multiple roles on a stage positioned almost within the audience. Volunteers from the Ramsey Million Partnership were on hand at the refreshments table, while regular 1940's volunteers prepared the site for the influx of late night visitors.

Organisers estimate over 120 people attended the performance, within which three actors played multiple roles that were easy to follow due to the use of props. Many praised the inclusiveness of the play, which was enjoyed by both the younger and older generations. In particular, audience members seemed impressed with the use of music and props on stage, with such mundane items as violin cases taking on new life as horses or weapons.

Creative use was also made of the stage itself, with a trapdoor used to great effect and a surprising degree of movement considering the degree of space available.

Here be Pirates! Lamphouse Theatre wows at 1940's Camp with classic pirate tale...



Cook, Barlow and Butler-Blake offered the perfect blend of action and improvisation on the small square stage.

Particular praise went to the trio of performers; Masie Barlow, James Blake-Butler and Ella Cook. Offering a varied and well executed interpretation on the classic tale, they captured the audience and held them

through a swashbuckling story. Having only a very small amount of rehearsal time to prepare for the performance's two week run, the cast and crew did an exceptional job. Speaking of their experience within Ramsey's

unique 1940's camp, the performers stated: "it's quite fitting actually for the story, a really very different place".

The Drill-Hall is fast becoming a popular venue with local groups, and has been recently used as a venue for wedding receptions and festive parties. Show director Tom Fox paid tribute to the camp, saying "It is a fantastic place to perform in, full of atmosphere. It's very different to anywhere else we've been".

He later added "We loved Ramsey and it was definitely one of our favourites of the tour. The audience were so engaging and vibrant and that made the show. Thank you to Promoting Ramsey and 1940s Ramsey for inviting us - we cannot wait to come back".

The Promoting Ramsey project, led by Cambridgeshire ACRE, works with Ramsey Million to promote the town and its heritage. One of the key themes within the Ramsey Million action plan was to identify projects to increase Ramsey's potential as a visitor destination and to increase the footfall into town. Cambridgeshire ACRE successfully bid to develop and deliver a project called 'Promoting Ramsey' and was awarded £126,000 of the 'Ramsey Million' to undertake the work over two years.

To find out more about events taking place in the Ramsey area, or the work of the Promoting Ramsey Project, head to: www.discoverramsey.co.uk

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BENWICK BANTER

BARCLAY AT BUS SHELTER



On 10th November Head Teacher Mrs North took Benwick Primary School pupils, Liam H, Emily A, Summer and Louie to the Benwick bus stop to see MP Stephen Barclay open the historical photographic display.

The children got to speak to the MP and some of the villagers who came out to see the event.

Benwick Primary School's KS1 children perform 'Superstar!'

Key Stage 1 children at Benwick Primary School (Years 1 & 2) put on a great show for their Christmas nativity performance, called 'Superstar!'.

The Robins, Doves and Owls had all been working hard for three weeks to learn the words and songs to 'Superstar!', which follows the Christmas Story through the eyes of Stella the Star. The Children did an amazing job with staff and audiences being very proud of their performance.



New Year's resolution – to meet more people?

Ramsey Crafters meet every other Monday afternoon at the Scout Hall in Little Whyte, Ramsey

When Ramsey Crafters started meeting almost two years ago, their plan was to enjoy crafting, make things to sell but also to meet people. Their members are from a variety of backgrounds. Some are retired, some work part time and some are self-employed. The common denominator is that they all enjoy making things and meeting people and have some spare time. Whatever the motive for joining, everyone is made welcome.

Many crafters make things for their own homes or to give as presents but also like the opportunity to sell items and they took that opportunity on 10th December when they held a craft fair in Ramsey Library. They wish to thank everyone who came to view their crafts, buy presents and joined them for a cup of tea. The money raised goes towards buying materials for craft making and deposits for room hire for when they hold craft fairs.

They are in the process of planning their programme for 2017 and members are putting forward crafts they'd like to try. Ribbon embroidery and jewellery making are just a couple of things on the list.

If you'd like to join them, they have a Facebook page RamseyCrafters or call 01487 710851.

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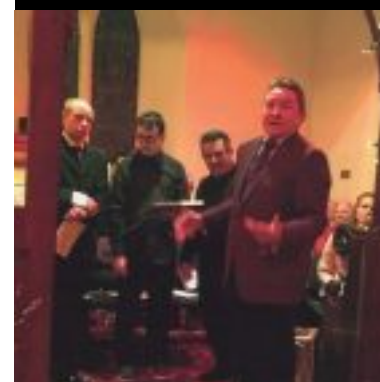
Tinsel & Brass attracts many at St Thomas a Becket Church

On Saturday 17th December the 'Tinsel & Brass' concert was held at St Thomas a Becket Church, when Somersham Town Band with conductor David Chambers, entertained a large audience.

Sponsored by **Burton Brothers** and **Johnsons of Old Hurst**, the event raised nearly **£900**. Mince pies were donated by Tesco and bubbly from Diana and Victor Lucas to give the seasonal spirit!

The next concert will be 4th February 2017 with Huntingdon Male Voice Choir. Tickets available from R Hyde 01487 812220.

CHORAL GROUP A BIG HIT



A choral group which sang at the Ramsey Christmas Lights Switch-on has gone on to perform for former British Welterweight Champion Dave 'Boy' Green.

The group, which is comprised of residents of Oaktrees Care Home in Oldhurst, perform alongside friends and family members.



STANDING OVATION FOR RAMSEY CHORAL SOCIETY

On 10th December, a production of Handel's Messiah was performed by Ramsey Choral Society and received a standing ovation from the two hundred strong audience who had braved the torrential rain to attend the concert at St Thomas a Becket Church in Ramsey.

The Concert was the final celebration of the society's 25th Anniversary year and was conducted by musical director Angus Davidson. The choir was accompanied by a Baroque orchestra along with professional soloists Laura Robson (Soprano), Natalie Davies (Mezzo-Soprano), Casper Singh (Tenor) and Christian Valle (Bass).

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Wishing you all a Happy New Year

If you have any issues or concerns over the festive period, please don't hesitate to call



Ramsey Police Station "Surplus to requirements"

Commissioner rules site is unsuitable

By Adam Roberts

The former police station in Ramsey has been deemed "surplus to requirements" following a review of the police estate by the office of Police and Crime Commissioner Jason Ablewhite. The building has been at the centre of some speculation within Ramsey, with some groups seeing potential for the site as a community building, although the land has substantial value as a site for housing.

The police estate is currently valued at £35 million and costs £4 million annually to run. Mr Ablewhite says he wants to ensure resources are focussed on frontline policing and that inefficient and under-used buildings are disposed of.

As part of the review, three other sites were also rated as out-dated.

Recent work has already seen the number of police buildings reduce from 41 to 29 with the majority of those already closed being small satellite offices. The constabulary needs to find a further £5.2million of savings by the end of the financial year 2020/21 in order to balance its budget.

While some sites face sale, there are a number of projects underway, including a new vehicle workshop centrally located

in St Ives due to open in spring 2017. Mr Ablewhite, a current district councillor for St Ives East, said "as I have stated many times, my priority remains protecting the front line. Changes in policing brought about through new technology and collaboration means that the requirement on police estate has changed. It doesn't make sense to retain buildings that the Chief Constable says are not required operationally. Buildings don't protect people but people do."

The Police Commissioner and Cambridgeshire and Peterborough Fire Authority have already agreed to work together to develop a business case to understand the opportunities for closer collaboration between police and fire services. This will include reviewing the estates of both and identifying areas for both services to work together.

Alec Wood, Chief Constable said: "Agile working means that officers are no longer tied to police stations but instead are able to respond to needs more effectively. With better technology and collaborative working, officers can spend more time out in the community, increasing visibility which I know is what the public really want. This review will help us ensure we have the right facilities to meet future policing demand."

Stavros Flatley and Honey G recruited for Cambridgeshire fire safety messages

Christmas Advent calendar promoting vital safety messages for Cambridgeshire Fire and Rescue Service is to include a special message from celebrity dance duo Stavros Flatley. The London duo, made up of dad Demetrios Demetriou and son Lagi, found fame on ITV talent show Britain's Got Talent with their hilarious Greek Irish dancing routines.

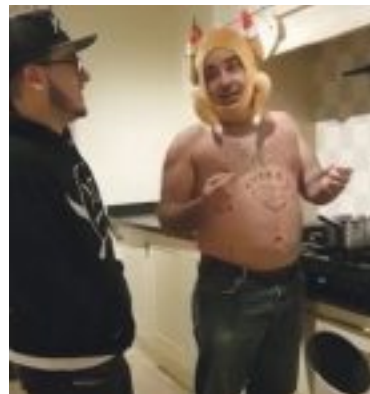
Father and son agreed to record a special safety message for the fire service after filming a prime-time dance show with Black Watch firefighters from Cambridge, Diversity Presents Steal The Show, which is set to air on New Year's Day at 7pm. In the 46-second video, dad Demetrios is stood at the stove, in his familiar bare-chested pose, cooking Christmas dinner. Asked by Lagi why he is wearing a stuffed turkey on his head, he says it is to remind him not to leave his turkey unattended in the oven. Lagi then opens the oven door to check on the turkey – only to reveal his dad forgot to put the turkey in the oven. The message, although humorous, carries an important message for people not to get distracted when cooking – one of the main causes of kitchen fires.

Rapper Honey G has also recorded a safety message for the Service which is scheduled to go out on CFRS's Facebook and Twitter pages on New Year's Day. This is the second year running that CFRS has run a Christmas advent calendar to promote different safety messages over the Yuletide period. Favourites this year have included a song from Firefighter Graham George, known to colleagues as Lenny, who last year recorded a hilarious take of him performing an out-of-tune version of the George Michael hit, Last Christmas.

Back by popular demand this year, Lenny was on Wednesday's calendar door singing his own adaptation of East 17's 1994 Christmas number one, Stay Another Day, to remind the public to make sure they install a working smoke alarm in their home. Despite the obvious tongue-in-cheek, however, the video promotes an important safety message, with the lyrics to the East 17 song adapted by Lenny himself.

Other original videos this year feature staff singing, a mannequin challenge from St Neots station; a Christmas Carol with Station Commander Paul Clarke dressed in Dickensian costume; a local primary school singing 'When Santa Got Stuck Up The Chimney' to remind people to get their chimneys swept and a sweet video of two boys, aged 4 and 5, reminding people not to take batteries out of their smoke alarms but buy batteries instead.

Hayley Douglas, Head of Media and Communications at CFRS, said: "The advent calendar has been even more popular this year with most videos getting a few thousand views each. We've covered off many safety messages and we hope that through the advent calendar we've helped spread a little festive cheer as well as help keep people safe over the festive period."



RAMSEY & WARBOYS REPORTER **ON LINE**   
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Huntingdonshire District Council are inviting residents to have their say on the policy options relating to wind energy development.

The consultation, aimed at getting the views of local residents, focuses on the appropriate approach for managing wind energy development, including the identification of areas that are potentially suitable for wind energy development.

The council document - Huntingdonshire's Local Plan to 2036: Wind Energy Development, considers the Council's options for how to identify areas of Huntingdonshire as 'suitable' for wind energy development in the Huntingdonshire Local Plan to 2036, in the context of electricity supply and generation, climate change and

current planning requirement with regards to wind turbine development.

The options being considered include identifying the whole district as suitable, stating that the Great Fen, its landscape and visual setting are not suitable, that landscape character areas above conspicuous thresholds are not suitable or that the whole district is not suitable.

No preferred option has been identified at this stage. The decision of which option to select as the preferred option will only be taken after the consultation on this document taking account of comments received. The consultation can be found via the Consultations link on the front page of the Council's website www.huntingdonshire.gov.uk.

A FAMILY EFFORT - NEW HAIRDRESSERS ALREADY EXPANDING IN RAMSEY

Brand-new hair and nail salon Jade Jones is already a hit with residents, as the proprietor brings on new staff to cope with the heavy demand.

Having opened just eight weeks ago, Jade Jones offers not only all forms of hairdressing, but also nail and spray tanning treatments. Spread across three highly refurbished rooms, the salon has given a new lease of life to the former 'Breams' store, which was a fixture of the town for many years.



Jade herself has taken control of the chairs, offering all manner of hairdressing skills. Specialising in wedding hair, she has had the privilege of helping many brides and their bridal parties to get ready for their big day, and offers her services for any special occasion including school proms and family events.

At the other end of the store, Jade's sister Hollie offers something a little different as a



nail technician. A very well established O.P.I Professional Nail Technician, Hollie will be providing manicures, pedicures, polish and gel polish treatments using O.P.I products, which gives a professional finish and, with O.P.I GelColour, can last up to three weeks.

A little something extra

Not only can you leave with your hair styled and your nails manicured, but the girls also offer a spray tanning service in their third and final room.

This innovative side of the business allows customers to experience the original Argan Oil Spray Tan from Morocco Tan. With this, you not only do get a flawless, streak-free

tan that lasts longer but you are also left with soft, silky skin.

Suitable for all skin types, the 2-hour quick-drying formula develops over time, is alcohol, sulphate and paraben-free, and provides a non-sticky, non-oily tanning spray solution absorbs deeply to help nourish the skin and enable it to seemingly glow.

Business Sense

Jade is on-hand running the business from the front line, offering high quality services mastered during her ten years' previous experience in the hairdressing industry, most of it honed right here in Ramsey. Her success during the last decade has helped

build a reputation and client base that is still expanding, leading to her hiring new stylist Emily, who is taking appointments this month.

Having operated remotely in the months leading up to the opening of her salon, Jade comes highly recommended throughout Ramsey and the surrounding areas, and brings her reputation to bear in a modern and stylish atmosphere created with the help of her family.



A Family Affair

The entirely refurbished interior was a result of a family-effort, with Jade and Hollie's relatives all making a round-the-clock effort to get their business up and running. The result is a truly remarkable interior, designed to offer a welcoming, relaxing and professional environment to all of their customers. At the opening event last month, Jade's parents spoke of their pride in both the work and their daughters, wishing them success in their journey forward.

NAILS



Hollie is a very well established and an O.P.I. Professional Nail Technician. Offering manicures, pedicures, polish and gel polish.

Hand and feet O.P.I polish gives a professional finish.

O.P.I. GelColour lasts up to 2-3 weeks.



JADE JONES

The NEW 'One Stop' experience in Ramsey for Hair, Nails and Spray Tan

Following a recent and extensive refurbishment, Jade Jones' Salon offers all forms of hair, nails and spray tanning treatments running across three comfortable, clean and modern state of the art treatment rooms, with a welcoming, relaxing and professional environment for all our customers.

HAIR

Jade is always on hand and runs the business from the front line. She has over ten years' experience in the hairdressing industry and specialises in wedding hair – she has had the privilege of helping many brides and their bridal parties get ready for their big day.

With our competitive prices which include Wella and TIGI Bed Head products, you're sure to be pampered.



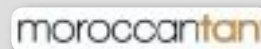
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Suitable for all skin types, the 2-hour quick-drying formula develops over time. Alcohol, sulphate and paraben-free. Non-sticky, non-oily tanning spray solution absorbs deeply to help nourish your skin and enables it to literally glow.



Jade and her team look forward to pampering you...

Find us on:



JADE JONES

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Huntingdon Cambs PE26 1HG
t: 01487 208650
e: jjhairdressing@icloud.com

OPENING TIMES

Monday	by appointment
Tuesday	9.00am – 8.00pm
Wednesday	9.00am – 5.00pm
Thursday	9.00am – 8.00pm
Friday	9.00am – 6.00pm
Saturday	8.00am – 4.00pm
Sunday	CLOSED

Local enterprise benefits from Grants Scheme

Ramsey based groups have recently won grants from UK charitable organisation UnLtd, who fund social enterprise projects across the country.

UnLtd awarded the Ramsey Pavilion Football Club £500, which will be put towards a new project that encourages young people to get into careers in sport, other than playing sport. The scheme is the brainchild of club Director Darren Stokes, who commented: "one of our primary objectives is around participation but all too often this just means playing and there is so much more to sport than that. Being active and playing sport at any level is great, if that's football on a Saturday, a kick about, going swimming or going to the gym."

"What we're trying to do is help young people see what goes on behind the scenes to make all these things possible and the careers you can go into doing something you're passionate about. Just in setting up and running our club over the last year we've been involved in recruitment, logistics, procurement, accounting, marketing, social media and journalism, not to mention the football side with coaching, fitness and physiotherapy! The opportunities are endless and we want to help young people in our community make the most of them."

The Ramsey and Warboys Reporter also received the top grant pot of £15,000, which is expected to provide office space and transport for the organisation. Other groups that have benefited from UnLtd funding include the Nene Valley Gliding Club in Upwood, who were able to purchase a new glider with funds garnered from UnLtd.

The leading provider of support to social entrepreneurs in the UK, UnLtd offers the largest such network in the world and resources hundreds of individuals each year through its core Awards programme. Operating a unique model by investing directly in individuals, the charity offers a complete package of resources from awards of funding to ongoing advice, networking and practical support.

Do you have space for a tree?

Huntingdonshire District Council is looking for people who have suitable land on which to plant small woods or copses to encourage wildlife and enhance the landscape.

A variety of native tree species are available for free; and the majority of them have been grown from seed collected from local ancient woodlands by volunteers. The trees have been grown in Huntingdonshire Community Nursery and are now ready to plant out. Preference will be given to those sites which are visible from a public viewpoint but this is not an exclusive requirement. Numbers of trees available range from 10-500.

Tree species offered include Oak, Field Maple, Crab Apple, Wild and Bird Cherry, Wild Plum and Alder. The trees are between 40-100 cms tall, depending on the species. Rabbit protection and biodegradable mulch mats will also be supplied.

Anyone interested in participating in the scheme is asked to contact the District Council.

If you would like to register an interest in the Ramsey Pavilion scheme you can email info@ramseypavilionfc.co.uk and if you are interested in sponsoring the club just visit www.ramseypavilionfc.co.uk/sponsorship for more info.

To find out more about UnLtd Grants, go to www.unltd.org.uk



Have an idea that'll make Ramsey an even better area to live?



Ian and Lauren did. They set up Down2Earth at White House Farm - a family friendly, pick your own, farm shop with disabled access.

They're inviting you to find out more about how they set up their business and how you can start your own with cash and support from UnLtd, the foundation for Social Entrepreneurs.

14th JANUARY 2017, 11.30AM

DOWN2EARTH, WHITE HOUSE FARM, RAMSEY, PE26

Free, locally sourced food. Families welcome.

Find out more: <http://bit.ly/StarPeopleRamsey>



Local Issues, Local Action

By County Councillor Mike Tew

Across Cambridgeshire the health and care sector faces a considerable challenge to remain sustainable. Ever growing pressures, new duties, and recruitment difficulties are all impacting on the affordability of social care.

Adult social care is one of the core responsibilities of the local authority and is by far our biggest net spend. There is no simple solution to tackling the problems of society of today, but residents, statutory authorities, business and voluntary sectors all have a role to play; utilising their knowledge, skills and influence and working together is the only way we are going to be successful. By taking a holistic approach we can build on good practice that already exists, whilst developing new and creative approaches and solutions that can positively impact on our communities. There's not one simple, quick fix solution to the challenges that lay ahead but the local Conservative party are rising to the demands and coming up with new innovative ideas to work hard locally so that the community works for all, bringing our communities together instead of division, supporting local businesses to create more jobs and opportunities, Helping to improve the rural economy by supporting the farmers to diversify and innovate,



Michael on the campaign trail in Ramsey

campaigning for the local surgeries to help facilitate the health and well-being of our residents, working with local schools making sure our children have a good start to their education, simply rolling our sleeves up and just getting things done to enhance the lives of everyone.

County councillor - Michael Tew

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RAMSEY ROTARY

As ever, it's been a whirlwind of activity from the members of Ramsey Rotary Club. While there is plenty on the page, we must add a huge congratulations to the performers and writers of the Christmas Dinner Sketches!

A Big Thank You from Ramsey Rotary

Ramsey Rotary Club would like to thank everyone who gave to the Christmas Float collection. This year the collection raised the grand total of £7,632.12, the best ever. This was an increase of £485 over last year, the previous best year. Without this money we would not be able to support many local charities and events like the ones covered in this month's Ramsey & Warboys Reporter. Ramsey Rotarians would like to thank all the families members and friends of Rotary who gave up their valuable time to assist in the night time collections despite the wet, windy and the cold weather. With out your help we could never have achieved this magnificent sum - THANK YOU

Deadlines for Youth Events

Closing dates for Young Chef and Youth Speakers have passed. The next deadline is for Young Musician on 10th February 2017, followed by Young Designer, Young Writer, Young Artist and Young Photographer in April. Any one interested in taking part in any of these competitions please contact Rotarian **June Green** on **01487 813562**.



Chloe Munns and Sam Jones receive their Citizen Awards from Rotarian's June Green and John O'Reilly at the Red House Christmas Party



CRUNCH volunteers in action at the Red House Christmas Party



Inspecting new kitchen equipment

Matching Grant contribution for Church Refurbishment

The Rotary Club secured a Matching Grant totalling £2,000 via their District for a contribution to be made to St Thomas a Becket Church Refurbishment Fund in recognition of the extended usage of the Church facilities by the many local community events held there during the year. This enabled

the purchase of a host of kitchen and toiletry utensils including a cooker. The refurbishment has created a real and sympathetic improvement for the ongoing usage. It was completed during November and officially opened during the morning service on the 11th December.

Young Citizens 2016

The Young Citizen for 2016 chosen by Rotary Club of Ramsey is Chloe Munns. Chloe has been engaging with Young Carers for over two years, always eagerly attending all the groups, trips and activities, cares for her mum Brenda who can be extremely poorly at times and still finds time to be an active member of CRUNCH volunteers. Despite being extremely busy

at home and with Young Carers, during the summer of 2016, Chloe successfully balanced her caring role with her education to pass all her GCSE's and has now enrolled at Huntingdon Regional College to study Childcare.

Recently Chloe together with Sam Jones and Katie Hudson, also members of CRUNCH and runners up for Rotary Citizen of the Year Award planned Christmas celebrations for the residents of the Red House care home where they offered entertainment and festive goodies.

Sam and Katie take their volunteer staff role seriously, taking on additional responsibilities to ensure all young people who attend CRUNCH are engaged and having fun. As well as the youth club they have helped to staff the BOSH Club and BOSH play scheme supporting children from age 5 to 10.

All three Young Citizen winners received certificates and a gift voucher from Rotary for their achievements. Rotary Club of Ramsey will now put Chloe, Sam and Katie's names forward for the Rotary District Citizens Award.



Fun and plenty of games at the party



Mum's with cake and candles



Amey Clarke and daughter receive the cheque from Rotarian Carole Broom

Little Miracles Christmas Party

Ramsey Rotary were delighted to assist with the cost of providing Ramsey Little Miracles a Christmas Party. Rotarian Carole Broom

presented a cheque for £200 to Amey Clarke and her daughter during the party. A lot of noise, fun and games was had by all at the party, including the Mums!



Teamwork

Rotary Youth Leadership Awards



Ramsey Rotary Club are looking for candidates for the July 2017 Rotary Youth Leadership Awards (RYLA). This is a truly exciting opportunity for young adults, between 18 & 26, to participate in a eight day (7 nights), residential course at Grafham Water Centre, Cambridgeshire, with like-minded individuals where you will form lasting friendships, hear from professional speakers, develop as a

leader, grow as a person and have fun - at no cost to you!

If you are interested in attending, and are between the ages of 18 and 26, you can be sponsored and paid for by Rotary.

If you know a member of your local Ramsey Rotary Club contact them or telephone **June Green** on **01487 813562** and express your interest in attending RYLA.



Visiting Santa Claus



Christmas and New Year is the time for visiting Santa Claus at his home in Lapland. It's the perfect setting for getting ready for Christmas. The region perches on the edge of a vast wilderness that has nurtured the nomadic Sami people for generations and is just waiting for you to explore. Lapland is one of the most magical places on the planet, deep inside the Arctic Circle.

Lapland holidays and visiting Santa Claus is a holiday particularly designed with families in mind. Just imagine seeing the faces of your children or grand-children when they meet the real Santa Claus. Lapland is not a cheap holiday, there are plenty of costs included, all of the excursions involved, hire of the thermal suits, plus the flights, accommodation and transfers, it really is a once in a lifetime trip.

Activities can include Husky sledding,

Reindeer Sleigh Ride, snowmobiling and a meeting with the big man in red, Santa Claus and his helpful elves. Many kids that go have never seen quite so much snow, tobogganing and making snowmen are always firm favourites with them.

There are also extra options, including snowmobiling, searching for the Northern Lights, skiing, ice fishing, depending on how many days you choose to stay for. The majority of trips are for 3 or 4 days. There are also some companies that offer day trips, these are very intense and children will be extremely tired by the end of the day, but these days do save you money on accommodation and food.

Many trips also include a gala dinner, where you can eat a 3 course meal; the kids are entertained until they are worn out.

Lapland trips to see Santa Claus have a very limited time span, from end of November, also the charter flights from airports are limited, so you need to have some flexibility with your dates, or airport, or both. Many families are disappointed to find when they come to book in December, many of the trips are already fully booked. These parents then book early in January to avoid being disappointed again the following year. Booking early is also the time for free child places.

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WOMENS INSTITUTE

It's been a lively month for the many Women's Institute groups in and around Ramsey. To find out about Christmas Stalls, crafting, music and mince pies, read on...



RAMSEY WI DECEMBER

A very busy end of year for Ramsey WI; on 26th November the WI had a stall at the Ramsey Lights switch on, selling Hot fruit punch and Gingerbread. A very successful day in spite of a small problem, someone forgot to bring the lights. A lesson learnt for next year.

On the 28th November a group of WI ladies jumped on the Community Bus and went Christmas shopping at Springfields Outlet, Spalding.

Christmas Lunch

December 6th and the Ramsey WI Christmas lunch for the second year at The Rendezvous, a great lunch with crackers and

party poppers as well. I think we might be back next year.

Then on December 9th the second Ramsey WI coffee morning was held at the Community Centre. This month had a festive theme as we had a variety of stalls, many selling Christmas items, and a raffle that went on and on as we had so many great prizes donated.

But the highlight of the year was the Drama group's entertainment at our monthly meeting. A panto based on Hansel and Gretel with additional songs and sketches that kept us all entertained. Finishing off the evening with tea and mince pies.



ABBEY WI - DECEMBER REPORT

CHRISTMAS WITH THE UKULELES

The season of Advent started with a bang for Abbey W.I. as the increasingly popular Upwood Ukuleles were the entertainment at our Christmas meeting. For many the first mince pies of the season were consumed with a glass of wine or cup of tea in readiness for the performance; and what a performance it was. Doug McLeod and his group seasonably attired soon had the ladies tapping their feet and singing along to a medley of Christmas tunes, sometimes with the lyrics hilariously altered. Doug explained the difference in tone between individual ukuleles, the history of the development of the instrument and how the Upwood group had come into being. There was a huge amount of laughter and much audience participation, particularly with the tricky "kazoo" and the group's take on the 12 days of Christmas. They are a talented bunch of musicians and if you want

an entertaining and different event look no further. They come highly recommended; their fee goes straight to Magpas. The competition of a home-made Christmas tag was won by Margaret Brown for a beautifully cross-stitched Santa. By the time you read this, a coffee morning and craft club will have taken place and the annual excellent Christmas lunch at Ramsey golf club, well attended as usual.

The ladies of Abbey W.I. would like to wish all their avid readers a Healthy and Happy New Year. The first meeting of the New Year is on 5th January 2017 at Bury village hall 2:00 till 4:00pm. The speaker is Tanya Moseley who will have us all involved in "Creative Fun" and the competition is an unusual candle. Why not make your New Year's resolution to give the W.I. a go and see if it's for you. You'll be assured of a warm welcome.



RELEASE YOUR INNER CREATIVE WITH THE WI

By Anna Bradley-Dorman

Isn't it funny how things happen. In November I said my time seemed to have been filled with all things environmental and previous month was food. Well this month has been very 'creative'.

Over this last month members from this area have been participating in a national pilot to determine how a series of theatre workshops will be offered to the wider membership. I caught up with Susie Selby and Hilary Moulds from Warboys WI who were having a great time participating in this trial run by theatre professionals through Especially Theatre. The two sessions taught the participants how to plan and organise a production alongside a taster day where members were encouraged to discover their inner performer. Both Hilary and Susie told me they had had a very informative time as well as having great fun with course leaders

Tony and Nigel, both very experienced in professional and amateur theatre.

Did you know you can be a member of more than one WI? I know many members who take advantage of this, myself included. Every WI is different and offer different experiences to its members. I am very proud to be a member of Ramsey St. Mary's WI with its great 95 year heritage in this area and the 8 year old Hampton WI on the outskirts of Peterborough. Both very different in the make-up of their membership but united under the objectives of the WI. However, this month both held their AGM and chose to offer Christmas Craft activities as part of their monthly meeting (See report from Ramsey St. Mary's). So, as you can see, my creative side has certainly been stirred this month.

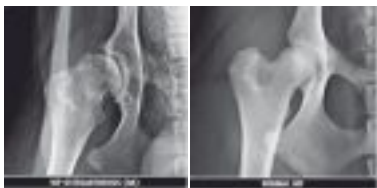
As 2016 comes to a close I am looking forward to all my WI membership has to

offer in 2017. January is a great time to join the WI as all institutes will be revealing their programmes for the coming year, so why not pop along and give the WI a try? For more information about the WI or find details about a WI near you visit: www.thewi.org



Animal Arthritis

The colder temperatures this time of year can have many effects on us - from colds and flu to dry skin, from injuries from falling on ice to hypothermia. Most significantly, for the older generation, it's the joints that really feel it and it's no different for our older pets.



The colder temperatures this time of year can have many effects on us - from colds and flu to dry skin, from injuries from falling on ice to hypothermia. Most significantly, for the older generation, it's the joints that really feel it and it's no different for our older pets. Doctor's surgeries and Vets alike see an increase in mobility problems this time of year and the main culprit - arthritis!

Arthritis

Arthritis means joint inflammation and there are a number of forms of it. The most common, and the one which affects many older pets, is osteoarthritis (also called as degenerative joint disease). It's the chronic (long-term) break down and destruction of the cartilage and bone of the joint surfaces. Cartilage is a strong, rubber-like tissue which covers the end of bones where they meet each other at joints. It acts as a cushion and is hugely important to allow smooth movement of the joint. In osteoarthritis, the cartilage is gradually worn away until eventually bone rubs against bone. The process causes joint pain, stiffness and swelling. As the condition progresses the body tries to "fix" the problem and new bony protrusions are formed (called osteophytes), which sadly cause more inflammation and pain.

Signs of osteoarthritis in our pets

Obviously our pets can't tell us they are in pain or uncomfortable. Cats especially are good at hiding it, but it is estimated around 90% of cats over 12 years old suffer from osteoarthritis. It is also the number one cause of chronic pain in dogs. As pet owners, we must be familiar with our pet's normal patterns and behaviour so we can easily spot signs of pain or discomfort.

Signs to look out for:

- Reluctance to go for a walk (dogs)
- Limping (dogs more so)
- Difficulty getting up after lying down for a prolonged period
- Difficulty jumping in/out of the car (dogs) or on/off counter counters/beds/favourite perches etc (cats)
- Difficulty with going up/downstairs
- Muscle atrophy (getting smaller and weaker)
- More irritable
- Sleeping more
- Licking or chewing at joints

What you can do

Sadly there is no cure for osteoarthritis but there's lots we can do to help our pets and slow the progression of the disease.



● Medication - anti-inflammatories and painkillers are an important part of the management of arthritis. Your Vet will discuss this with you and prescribe the appropriate medication.

● Physiotherapy - this can make a huge difference to a pet suffering from arthritis. The physiotherapist is skilled at using specialist techniques, exercise plans and tools to aid pain, build muscle and ease associated discomfort for sore joints.

● The right exercise - it might sound wrong to exercise sore joints but movement is important for blood flow, nutrient exchange and joint lubrication - all contributing to lowering pain and loosen stiffness. Like the cogs of a machine - movement keeps them lubricated but if they stay still they will stiffen and rust up. A joint works much the same way, the key is getting the right amount of exercise.

● Keep them warm - use warm bedding, appropriate coats and place beds out of draughts.

● Magnetic collars, coats and beds - there are a number of options available. The products create a magnetic field close to the body which effects the body at a cellular level. Results can vary but many people swear by magnotherapy and we've seen the difference they can make.

● Orthopaedic beds - these specially designed beds mould to the shape of the animal and support joints, allowing for a more comfortable sleep

● Weight control - carrying excess weight will put extra strain on their joints and increasing their pain.

● Nutraceuticals - joint supplements give a dose of good nutrients for joints. Choose a good quality supplement with known quantities of nutrient - ask your Vet to recommend one.

● Acupuncture - the ancient Chinese medicine is growing in the veterinary world. It uses very fine needles at points on the body to stimulate nerve pathways and reduce pain.

At **Cromwell Vets**, our Vets and Nurses can advise on all aspects of arthritis management. We also have two **physiotherapists** and one **acupuncturist** available for regular clinics.



Happy New Year!



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2017

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RAMSEY MILLION

This month, we celebrate the next round of grants available from the 'Ramsey Million'. Exploring what these grants entail and how to apply is Val Fendley...

Ramsey Million have already awarded £60,000 to over 35 groups that benefit the people of Ramsey Parish. At our 'Let's Celebrate!' event on Monday 7th November we launched our new grants scheme

For this grant round, projects need to address Transport and Access or projects which help different generations to work together or learn from each other. These themes have been prioritised as they are areas which were raised in our consultations but have not received much funding to date. We are looking to you to for new ideas to help in these areas. For each theme we could fund one large project or several smaller projects depending on the quality of the applications received. Up to £10,000 is available for Transport and Access projects and £5,000 for intergenerational projects. Applications for part funding larger projects will be considered providing your group has the capacity to fund the rest. Closing date for applications is 1pm on the 31st January 2017.

GRANTS AVAILABLE...

Let's Celebrate!



We are also offering 'Micro-Grants' for up to £100. This pot has not closing date and will run until the allocated funds run out. This is for small items that can often make a difference to new or small unfunded groups. If you are interested in applying for a grant, details are available on our website (www.

ramseymillion.org) or from The Neighbourhood Office, 25 Great Whyte, Ramsey. (Please note Ramsey Million grants are only available for projects/activities delivered in Ramsey Parish).

However, Ramsey Million is not just about the money, it's about community. We are all so lucky to live in an area with so many vibrant groups and individuals. Volunteering

is a great way to meet people, do something constructive and have fun! However, to keep these groups going volunteers are always needed. In Ramsey and the surrounding villages there are so many different ways in which you can volunteer. From manual to office work, front of house to backstage, regular and irregular openings, working with young people or with the older members of our community – you name it Ramsey has it! Ramsey Million works because of the volunteers who support it. Anyone who lives, works or volunteers in Ramsey Parish is eligible to sit on the partnership of decision makers. The partnership should reflect the area and its residents so is open to everyone including young, old, male, female, employed, unemployed etc. If you are interested in making a lasting difference to our community we would be delighted to hear from you. If you cannot commit to regular meetings we are always looking for occasional volunteers for events throughout the year. We have a couple of specific volunteer roles available at the moment.

Toddler Time – This occurs once a month on a Saturday morning for 2 hours. It's a great fun and duties would include such things as making refreshments, taking the money and setting up equipment. We would love to welcome you to the small team that run this very popular session at Ramsey Community Centre.

CREATE-Fest – Yes it's back for 2017! We were delighted with the turnout in 2015 and we are planning a bigger and better event for next year. If you would like to help in any way towards the event please let us know. At this early stage we are particularly looking for a volunteer to assist with the administration. Such things as stall bookings, receiving emails and publicity distribution etc.

For more information on any of the Ramsey Million projects please contact us:

The Neighbourhood Office, 25 Great Whyte, Ramsey PE26 1HG
Tel: 01487 814897 or 07955 817137
Email: ramseymillion@gmail.com
Facebook: www.facebook.com/ramseymillion
Twitter: @RamseyMillionBL
Website: www.ramseymillion.org
Local Trust: www.localtrust.co.uk



MAGPAS AIDS RESIDENT

Magpas attended an emergency on the 12th December in Ramsey, with the air ambulance landing close to the town.

At 10.02am on the morning Magpas doctors Richard Booker and Maria Smith and paramedic Dan Cody landed in Ramsey via the Magpas Air Ambulance. They had been called to treat a woman suffering an asthma attack.

The Magpas medical team assessed the woman (in her 30s) and assisted the ambulance crew in giving her advanced medication to relieve the attack. They then accompanied her by land ambulance to



Hinchingsbrooke Hospital. She was in a stable condition upon arrival at hospital.

The helicopter crew who flew the medical team were Pilot Craig Redman and Crewmember Lee Kennedy. An Eeast Ambulance Service paramedic crew were also in attendance.

Don't Miss Out!

Ramsey Million Grants

This year Ramsey Million is accepting applications that fund projects that address two areas that the residents of Ramsey highlighted as priorities. For each pot one large or several small projects could be selected, depending on the number and quality of applications.

- £10,000 is available for Transport and Access
- £5,000 for intergenerational projects

We are also offering 'Micro-Grants' for up to £100 for small items that can make a difference to new or small unfunded groups. This pot will remain open until the fund has run out.

For application forms or further information ...

Email: grants.ramseymillion@gmail.com

Address: Ramsey Million Partnership, Neighbourhood Office, 25 Great Whyte, Ramsey, PE26 1HG

Telephone: 01487 814897 / 07955 817137

Website: www.ramseymillion.org

Facebook: Ramsey Million

Twitter: @RamseyMillionBL



CLOSING DATE FOR APPLICATIONS
1pm – 31st January 2017



Local Trust | Big Local



Ramsey

OLD AND YOUNG CELEBRATE IN STYLE

By: Val Fendley, Community Development Worker / Programme Manager

As I write this I am bursting with pride at the efforts of our young people in putting on a Christmas party for the residents of the Red House Care Home. The party was planned by young people attending the CRUNCH youth club in partnership with Ramsey Young Carers group. They thought about food and entertainment, as well as how they might bridge the gap between young and old by using reminiscence items from Christmases past, which was also their inspiration for a tablecloth designed and screen printed by the young people in the weeks leading up to the party. Thank you to Ali Naylor from the Norris Museum for assisting with this.

The afternoon of Sunday 4th December was a joy! The living room / dining area at the Red House was transformed into a party venue. The young people from the clubs mentioned above were also supported by some of the younger members of the BOSH club for 5 to 10 year olds. They served food, dished out Christmas crackers and party



hats and mingled with the residents as well as other party guests, which included some family members. The entertainment was certainly a bit hit. Ian 'Rosie' Rose shared old time favourites which had people singing along and up on the feet for a dance. At times residents were in tears, not because there was anything wrong but due to the fact that their wonderful memories of happy times with loved ones had been brought to the forefront. They really did have a fantastic time and not only were the young people thanked – they all received Superstar

Certificates from the care home manager, Keith.

The funding for the party was due to a successful funding bid submitted by Ramsey Neighbourhoods Trust (who manage the youth club) to Cambridgeshire Community Foundation (CCF) who allocate funds to community projects on behalf of a range of organisations. The funding for this particular project came from The Police Crime Commissioner who has expressed his thanks to RNT for engaging young people in such positive activities.



CRUNCH



If you would like more information about the youth clubs mentioned, please visit their Facebook pages listed below or contact me at the Neighbourhood Office (next to Ramsey Library) **01487 814897 / 07955817137**

CRUNCH for ages 11+ meets Thursday (term-time) at the Cricket Club, 7pm to 9pm <https://www.facebook.com/crunchramsey/>

BOSH for ages 5 to 10 meets Thursday (term-time) at the Cricket Club, 4:30 to 6pm <https://www.facebook.com/crunchramsey/>

Ramsey Young Carers – led by Carers Trust meets Tuesday (Fortnightly) at The Boundary, Abbey College site, 3:15 to 4:15 www.facebook.com/STEPYoungCarers/



JOB ADVERT – SESSIONAL YOUTH WORKER

Can you support a local charity which is making a difference to young people's lives in the Ramsey area?

Ramsey Neighbourhoods Trust is looking for an additional youth worker to join our small, vibrant team - a perfect role for someone with experience of working with young people (either in a youth work, sporting or youth club environment), someone with ideas and the passion to inspire.

The role is currently 5.5 hours per week (term-time) £10 per hour, with some additional hours available during school holidays by mutual agreement.

We need someone who is energetic, enthusiastic, a good communicator, flexible, with a sense of humour and the ability to engage children and young people between the ages of 5 and 18yrs. (Full job description available on request)

If you feel you have the skills and experience we need then please send your expression of interest with your CV to:

Val Fendley, Ramsey Neighbourhood Office, 25 Great Whyte, Ramsey, PE26 1HG or val.rntoffice@gmail.com

Closing date for applications: Friday 27th January, 12 Noon

PLEASE NOTE: This post requires an enhanced DBS check. Costs for this will be met by the employer.



WEEKLY EVENTS

MONDAY

Ramsey Tennis Club

Abbey Grounds
Every Monday 6:00pm until dark

Ramsey Crafters

Scout Hall Ramsey
Alternate Mondays 1pm - 3pm

1940's Camp Canteen

Every Monday 7:30-10:00pm

TUESDAY

1940's Volunteer Day

The Camp Wood Lane, 10:00am

511(Ramsey) Air Cadets

Redebourn Lane, Bury, Every Tuesday & Thursday 7:00-9:30pm

Little Miracles Cuppa & Chat

Foxes Cabin. 9:30-11:30

University of the Third Age

Ramsey Community Centre, 2nd Tuesday 2:00pm

WEDNESDAY

Ramsey Junior Road Runners

Bedford Room One Leisure Centre,

Ramsey Seniors Road Runners

Bedford Room One Leisure Centre
7:00-9:00pm

Craft Club

Mereside Village Hall, Wednesday
6.30-8.30pm

Friendship Centre Methodist Church

Every 2nd, 3rd, 4th & 5th Wednesday of the month 10:00am-12noon

THURSDAY

Linedance Classes

Ramsey Community Centre 1:45-3:00pm

Ramsey Library Knitting Group

Ramsey Library Every 3rd Thursday 2:00pm

Ramsey Camera Club

Ramsey Community Centre, Every other Thursday 8:00-10:00pm

Adult Careers Service

Ramsey Library, Every Thursday
1.30-5:00pm

FRIDAY

Rhymetime For Babies (0-3 years)

Ramsey Library, 10.30-11:00am

Bury Table Tennis Club

Bury Village Hall, 7-10.30pm

Hunts Mind

Ramsey Library, 10:00 - 11:00

WEEKENDS

Upwood Art Group

Upwood Village Hall, Saturday mornings
10.00am - 12 noon

Great Fen Wildlife Watch ages 7-12

Countryside Centre Ramsey Heights, Every Third Saturday 10am-12pm

Ramsey Walled Garden

Wood Lane, Ramsey Every Sunday
2:00-5:00pm

Local Parents (Ramsey Million)

Ramsey Community Centre, Last Saturday of the month 10:00-12:00noon

RAMSEY & WARBOYS REPORTER

COVERING LOCAL NEWS, SERVING

07875 219 244 or 01487 462 100 or email

RAMSEY • RAMSEY VILLAGES • WARBOYS •

January	February	March	April	May	June
1 Su	1 We	1 We	1 Sa	1 Mo ^{Bank Holiday}	1 Th
2 Mo ^{Bank Holiday}	2 Th	2 Th	2 Su	2 Tu	2 Fr
3 Tu	3 Fr	3 Fr	3 Mo	3 We	3 Sa
4 We	4 Sa	4 Sa	4 Tu	4 Th	4 Su
5 Th	5 Su	5 Su	5 We	5 Fr	5 Mo
6 Fr	6 Mo	6 Mo	6 Th	6 Sa	6 Tu
7 Sa	7 Tu	7 Tu	7 Fr	7 Su	7 We
8 Su	8 We	8 We	8 Sa	8 Mo	8 Th
9 Mo	9 Th	9 Th	9 Su	9 Tu	9 Fr
10 Tu	10 Fr	10 Fr	10 Mo	10 We	10 Sa
11 We	11 Sa	11 Sa	11 Tu	11 Th	11 Su
12 Th	12 Su	12 Su	12 We	12 Fr	12 Mo
13 Fr	13 Mo	13 Mo	13 Th	13 Sa	13 Tu
14 Sa	14 Tu	14 Tu	14 Fr ^{Good Friday}	14 Su	14 We
15 Su	15 We	15 We	15 Sa	15 Mo	15 Th
16 Mo	16 Th	16 Th	16 Su	16 Tu	16 Fr
17 Tu	17 Fr	17 Fr	17 Mo ^{Easter Monday}	17 We	17 Sa
18 We	18 Sa	18 Sa	18 Tu	18 Th	18 Su
19 Th	19 Su	19 Su	19 We	19 Fr	19 Mo
20 Fr	20 Mo	20 Mo	20 Th	20 Sa	20 Tu
21 Sa	21 Tu	21 Tu	21 Fr	21 Su	21 We
22 Su	22 We	22 We	22 Sa	22 Mo	22 Th
23 Mo	23 Th	23 Th	23 Su	23 Tu	23 Fr
24 Tu	24 Fr	24 Fr	24 Mo	24 We	24 Sa
25 We	25 Sa	25 Sa	25 Tu	25 Th	25 Su
26 Th	26 Su	26 Su	26 We	26 Fr	26 Mo
27 Fr	27 Mo	27 Mo	27 Th	27 Sa	27 Tu
28 Sa	28 Tu	28 Tu	28 Fr	28 Su	28 We
29 Su		29 We	29 Sa	29 Mo ^{Bank Holiday}	29 Th
30 Mo		30 Th	30 Su	30 Tu	30 Fr
31 Tu		31 Fr		31 We	

LOCAL NEWS • OPINIONS • REVIEWS • MOTORING • SPORT • TRAVEL

LOCAL PEOPLE

Write to us at: info@ramseyandwarboysreporter.co.uk

BURY • UPWOOD • OLDHURST • WOODHURST • HOLME • CONINGTON • PIDLEY • BENWICK

2017 Planner

USEFUL INFORMATION

COUNCILS

Member of Parliament

Shailesh Vara MP
Constituency Office 01733 380089
Westminster Office 0207 2196050
shailesh.vara.mp@parliament.uk

Cambridgeshire County Council

General enquiries 0345 045 5200
Adult disability 0345045 5202
Adult social care 0345 045 5202
Concessionary bus pass 0345 045 1367
Family and Childcare 0345 045 1360
Help with online forms 0345 045 5200
Highways 0345 045 5212
Libraries 0345 045 5225
Online payments 0345 045 5211
School bus pass 0345 045 5208
Schools admissions 0345 045 1370
Trading Standards 0345 045 5206
Waste and Recycling 0345 045 5207

Huntingdonshire District Council

Main number: 01480 388388
Ramsey Service Centre 01480 388388

Town/Parish Council Clerks

Ramsey:
ramseytc@ramseytowncouncil.org.uk
Warboys:
roy.reeves@warboyspc.freemove.co.uk
Upwood: parishclerk@upwood.org
Bury: buryparish@aol.com

Town/Parish Council Meetings

Ramsey: 2nd Thursday of the Month,
Ramsey Town Council Offices
Bury: 1st Wednesday of the month, Bury
Village Hall
Warboys: 2nd Monday of the month,
Warboys Parish Centre
Upwood & The Raveleys: 1st Monday of the
Month, Upwood Village Hall

USEFUL NUMBERS

Rainbow Surgery 01487 710980
Ramsey Health Centre 01487 812611
Community Bus Association 01487 711330
Warboys Parish Centre 01487 823562
Mereside Village Hall: 01733 844336
Holme Village Hall: 01487 830768
Upwood Village Hall
UVHbooking@upwood.org
Ramsey Neighbourhood Office 01487 814897
Pidley Mountain Rescue Team:
pidley.ted@gmail.com
Ramsey Childrens Centre 01480 379420
Ramsey Probus Club 01487 814984
Gauntlet Auto Project 01487 711161
Gainsborough Foundation 07999 700090
St Thomas a Becket 01487 813271
British Legion 01487 812143
1940's Camp 07881 730047
Ramsey Rural Museum 01487 815715

July	August	September	October	November	December
1 Sa	1 Tu	1 Fr	1 Su	1 We	1 Fr
2 Su	2 We	2 Sa	2 Mo	2 Th	2 Sa
3 Mo	3 Th	3 Su	3 Tu	3 Fr	3 Su
4 Tu	4 Fr	4 Mo	4 We	4 Sa	4 Mo
5 We	5 Sa	5 Tu	5 Th	5 Su	5 Tu
6 Th	6 Su	6 We	6 Fr	6 Mo	6 We
7 Fr	7 Mo	7 Th	7 Sa	7 Tu	7 Th
8 Sa	8 Tu	8 Fr	8 Su	8 We	8 Fr
9 Su	9 We	9 Sa	9 Mo	9 Th	9 Sa
10 Mo	10 Th	10 Su	10 Tu	10 Fr	10 Su
11 Tu	11 Fr	11 Mo	11 We	11 Sa	11 Mo
12 We	12 Sa	12 Tu	12 Th	12 Su	12 Tu
13 Th	13 Su	13 We	13 Fr	13 Mo	13 We
14 Fr	14 Mo	14 Th	14 Sa	14 Tu	14 Th
15 Sa	15 Tu	15 Fr	15 Su	15 We	15 Fr
16 Su	16 We	16 Sa	16 Mo	16 Th	16 Sa
17 Mo	17 Th	17 Su	17 Tu	17 Fr	17 Su
18 Tu	18 Fr	18 Mo	18 We	18 Sa	18 Mo
19 We	19 Sa	19 Tu	19 Th	19 Su	19 Tu
20 Th	20 Su	20 We	20 Fr	20 Mo	20 We
21 Fr	21 Mo	21 Th	21 Sa	21 Tu	21 Th
22 Sa	22 Tu	22 Fr	22 Su	22 We	22 Fr
23 Su	23 We	23 Sa	23 Mo	23 Th	23 Sa
24 Mo	24 Th	24 Su	24 Tu	24 Fr	24 Su
25 Tu	25 Fr	25 Mo	25 We	25 Sa	25 Mo Christmas Day
26 We	26 Sa	26 Tu	26 Th	26 Su	26 Tu Boxing Day
27 Th	27 Su	27 We	27 Fr	27 Mo	27 We
28 Fr	28 Mo Bank Holiday	28 Th	28 Sa	28 Tu	28 Th
29 Sa	29 Tu	29 Fr	29 Su	29 We	29 Fr
30 Su	30 We	30 Sa	30 Mo	30 Th	30 Sa
31 Mo	31 Th		31 Tu		31 Su

VEL • BUSINESS • FINANCE • ANNOUNCEMENTS • CLASSIFIEDS



Christmas Lights

Ramsey Library kept its doors open on the afternoon of November 26th when the town's Christmas lights were switched on. Hot drinks, cakes and soup were on sale, courtesy of Ramsey Library Board. Meanwhile the Friends of Ramsey Library and the library staff hosted craft activities. Festive Christmas robins were made, as were reindeer antler headbands. Christmas decorations were crafted and then displayed on the library tree and cut out paper hands were put together to form a green paper tree.

The next craft activity will be on Saturday January 28th. That is the weekend of the RSPB Big Garden Birdwatch, when you are encouraged to count birds visiting your garden. All the results are collected by the RSPB and changes in bird numbers show which species are in decline and which are breeding well. To coincide with this, the theme for the 28th will, of course, be birds. Look out for posters in the New Year.



Hobbies

January heralds a new year, perhaps the time to try new hobbies or return to old and neglected ones. On the third Thursday of each month the Ramsey Library Yarners get together for two hours of knitting, crocheting and chat. Researchers are now finding that there are lots of health benefits to be had during periods of these activities. Once you have learnt the basics, the relaxing rhythmic and repetitive motion is a little like meditation.

It can help with anxiety, stress and depression, calm the mind and may reduce heart rate and lower blood pressure. Plus, you have something warm and cuddly, for yourself, a loved one or a charity as the end result and it's fun! Why not come along and see if this is for you? All are welcome, beginners and experts, male and female.

Come for the whole two hours or just for a short time, every month or now and then. There is no charge for the group, just for a drink if you have one.

The next meeting is on Thursday January 19th, from 2-4pm at Ramsey Library. We look forward to seeing some new faces.



Bury Parish Council

By Peter Hazell, Chairman

The Council met for the last time this year with all members present, one District Councillor and four members of the public. Since November's report we have had the Christmas lights switch-on by the Chairman of the District Council, Cllr. Peter Bucknell. This event is becoming ever more popular with over two hundred villagers gathering outside Bury stores to watch the show and enjoy the excellent food provided by Thusy. Our grateful thanks to him and his helpers, and entertainment was provided by Bury School choir. The lights are even better this year as we have new LED ones (electrically minded people will know what they are!).

RAF Upwood site

Things may be, and I repeat may be, starting to happen with the RAF Upwood site.

Meetings have taken place at the District Council and it is hoped that work may commence in the spring of next year. A similar scenario exists with the old clinic site, also on the Upwood road.

The Parish Council is hoping to have installed some outdoor adult gym equipment on the large playing field in the New Year, but there are still a few details to be looked at so there will be more information at the January meeting.

Green Lane

More and more traffic is using the unadopted (Green Lane) part of Tunkers Lane as a short cut (rat run) through the village and we are looking at options to try and solve the problem. Another concern regarding traffic is the parking in Old Stable Walk and Owls End at the start and end of the school day (dropping off in the morning and picking up in the afternoon). Driveways are being blocked so residents can't get in or out of their drives. I ask you to give a little thought and consideration when you park.

Finally, by the time you read this report Christmas will have come and gone and the New Year may well be upon us, so it just remains for me to say I hope you all had an enjoyable Christmas and I wish you all the best for 2017.

Bury Village Neighbourhood Plan Forum

December 2016
REPORT

Jeremy Mumford - Chair, Bury Village Neighbourhood Plan

Work continues on the Bury Neighbourhood Plan. We recently met with a Planning Consultant to advise us on key matters relating to the plan. This work will be completed by the end of March 2017.

We are looking for local people who are passionate about Bury village to help us move the project along, if you are interested in finding out more about how you can help us, why not drop us an email on greattolive@buryvillage.co.uk.

Bury Neighbourhood Plan Group would like to wish all Bury residents a happy and prosperous New Year! 2017 is going to be a great year for the Neighbourhood Plan with lots of community events already being planned. "How well do you know your village?" join us on our Bury village scavenger hunt, dates to be announced! Keep up to date with your neighbourhood plan by checking out the website at www.buryvillagenp.co.uk.

You can also find us on Facebook

Doddington MIU - Cry for help

An enterprising resident has started a campaign to raise awareness of the situation at Doddington Minor Injuries Unit, after a report recommended the closure of the site. The "Bums on Seats" poster, which has been put up on-site and sent to a number of local news organisations, emphasises that the MIU is under threat of closure, and that the NHS may make the decision based on footfall. The poster recommends going to have any health concerns checked, thus increasing the footfall through the door, saying: "nearly all of us have some part of our anatomy we are not sure about - now is your chance to go get it looked at. It also reminds patients that the centre comes complete with free parking, fully trained nursing staff, X ray facilities and an out-of-hours GP service. Currently, three MIUs in the area are under threat of closure, with the others based in Ely and Wisbech.



The Cambridgeshire and Peterborough Clinical Commissioning Group concluded that the services were "very popular with local patients" but closures were the "only realistic option. The CCG stresses that no decision has yet been made regarding any site.

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GROUNDWORKS BAGS OF HELP



GROUNDWORKS

By Adam Roberts

A team of eight unemployed Ramsey volunteers have improved their prospects whilst creating an area for everyone to enjoy at the Gauntlet Auto project in Ramsey. The volunteers came together for Green Skills, an employment training course run by community charity Groundwork Cambridgeshire & Peterborough, made possible by the funding Ramsey Neighbourhoods Trust received from Tesco Bags of Help.

For the past five weeks, the group has been learning practical skills and putting them to use at the Gauntlet project – a project that promotes and provides a safe area for young people to ride motorbikes and mopeds – and where the team started work by creating a decked viewing area with a wheelchair access ramp to provide an accessible entrance for supporters.

The volunteers also worked hard to install raised planters, an innovative tyre bench and tyre planters to provide an aesthetically pleasing area for the motorbike enthusiasts. The team added a final touch by building an area to attract the local wildlife including bird boxes and a bumble bee B&B.

On top of this practical experience, the volunteers have boosted their job prospects through a City & Guilds Award in Employability Skills and training for the CSCS test – the health and safety qualification that's crucial for work in the construction industry.

Project partners and the volunteers gathered to celebrate the completion of the project last Friday (9 December 2016) and the volunteers were presented with their certificates by Mayor Adela Costello.

Andrea Finbow, Groundwork's Employment and Community Project Supervisor, said: "Every participant came into their own and we discovered many hidden skills and talents that they had to offer. The work was completed to a high standard with everyone taking pride in the wider benefit to the Gauntlet project. I would like to thank the Ramsey Neighbourhoods Trust for all of their support, as well as the companies that gave their time to our mock interviews, which gave the participants invaluable experience that will help them following the project."



RAMSEY NEIGHBOURHOOD TRUST

By Val Fendley

Earlier this year as you may know Ramsey Neighbourhoods Trust (RNT) were successful in winning funds from Tesco as part of their 'bags of help' scheme. This is the money collected from the 5p carrier bag charge which goes back into the community via their voting scheme. We were ready to launch a garden project which not only meant an upgraded garden area for a local organisation but would also offer a training opportunity for local people where they could gain a CSCS card to help with their employment prospects. We linked in with both Groundwork who have an excellent track record of delivering the greenskills / construction course and Gauntlet Auto Project who were in need of an upgraded spectator area down at their base at Wood Lane. We also wanted to bring in 'wildlife friendly' and the local countryside walks in the area. For more on this please see the Discover Ramsey article about the new countryside trail which has also been developed as part of this project.

The whole project ended up being delivered from October to December, not the best time of year but despite this has been a huge success. Eleven community volunteers signed up to take part, attended a recruitment day and went forward to work on the two day a week project. Their hard work and professionalism was fantastic! As the training and garden/decking area developed we started to recruit local business people for a mock interview panel. We wanted to ensure that the volunteers who were working so hard for their own self-development got the maximum benefit possible. Giving them tips and advice for potential interviews was one method, but then putting them through mock interviews with real life business people was another dimension completely. They did amazing well and we really hope that both the training, the qualification and the interview experience helps them into employment.

Ramsey Neighbourhoods Trust was absolutely delighted to be the linchpin in all of this community activity. As a community development charity our role is to facilitate and enable, and by linking appropriate organisations, applying for funding and then co-ordinating all of this locally we really are able to make a difference.

In that same vein we launched the Ramsey Phoenix Project last January. A RNT project funded by the Local Enterprise Partnership (LEP) that would lead in offering training and development opportunities for those who may not have ordinarily engaged with courses. The big success with Phoenix is that it helps support adults in and around Ramsey via their existing interests and hobby subjects, by putting on workshops and events linked to that hobby subject that provides people with the necessary training and skills to get them ready for employment.

DISCOVER RAMSEY

By Ann Cuthbert

Discover Ramsey's dramatic landscapes, charming wildlife and fascinating rural history. Pick up the latest Countryside Trail leaflet from the library or download it from www.discoverramsey.co.uk and you'll soon be putting on your boots! The leaflet has some beautiful illustrations of wildlife native to Ramsey, such as barn owls and hares, and outlines all the historic sites along the way.

The enhanced wildlife friendly spectator area at the Gauntlet was created during a five week training course run by Groundwork with funding from Ramsey Neighbourhoods Trust via Tesco Bags of Help scheme. The program included the erection of barn owl boxes and the planting of flowers, especially those attracting bees - which provide the vital task of pollination.

Designed and printed ready for the completion of the wildlife-friendly spectator area over at the Gauntlet Auto Project, the Countryside Trail leaflet was introduced in December. It is a 3 mile trail from the centre of town out past the Rural Museum with an optional detour via the 1940s Camp and out to Park Farm and the Gauntlet.

The Countryside Trail is the 5th in the series of trails in and around Ramsey including the Driving Trail from Cathedral to Abbey. Another trail with fun facts about Ramsey and things to do and see will be launched for children later in the year.



For more information please contact Ramsey Neighbourhoods Trust, Neighbourhood Office, 25 Great Whyte, Ramsey, PE26 1HG
Tel: 01487 814897 Email: val.rntoffice@gmail.com
www.ramseyneighbourhoodstrust.org



BUSINESS



As part of Face2faceHR we are passionate about working with and becoming part of the local business community, and we find that clients like that too. One of the things we get a lot of feedback on when we ask clients why they contacted us or decided to work with us was that they were looking for an HR consultant who was local. But why is this?

Virtually all of our clients are local businesses themselves, set up by local people, employing local people and mainly serving the local community. Not all by any means, but a significant proportion. They know the value of support and interaction with their local business community, and benefit from that themselves. In turn, they also like to support local small businesses and providers, and understand how doing this benefits the local business community and the economy where they are based.

But as well as that, many of them tell us they definitely feel they get the service they want from us partly because their consultant is local. Their consultant understands them and their business, their people, their priorities and where they fit into the local economy, and clients feel this adds value. Of course the priorities and approach we use to small business HR support works at long-distance as well. We can and do understand the businesses, concerns and issues of our clients who are based elsewhere, and provide high-quality tailored advice in line with their priorities and business objectives. We visit them, work closely with them and become part of their businesses just as we do a client who is very close by.

But we need to be passionate about working with and supporting our local community. It's something clients are looking for anyway, but also it's how most of our work comes in. By becoming an active part of the local business community, marketing becomes much easier, as local businesses frequently seek recommendations for HR support from other local providers. And being in business is also more enjoyable that way, and a lot less isolating.



If you are an employer and need advice or support with any HR concern please get in touch
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Say "I do" to customers and team members

Consider it polygamy of sorts. But if you want to stay in business long and prosper, you have to commit to your customers. It's no longer enough just to satisfy them. The quality of a business' revenue is as important as its quantity. Loyal customers represent quality revenue.

It's great if every customer walks away from your business with a smile. But it's not enough. They have to be compelled to come back for more. And, merely satisfying your customer does not guarantee they'll be repeat customers.

Fred Reichheld has spent many years investigating companies that get loyalty right. He has identified six common principles that these loyalty leaders share:

- Preach what you practise
- Play to win-win
- Be picky
- Keep it simple
- Reward the right results
- Listen hard, talk straight.

This article explores the first three of those keys and provides tips on creating and nurturing loyal advocates for your business.

Key 1: Preach what you practice

It's an age-old saying – Practice what you preach. Fast-forward to today and you could change that to practice it and do it at Internet speed. But it would be dangerous to let action be the only focus. It might seem goofy, touchy-feely or even frivolous, but every company has to have core values. The founders of the great industrial companies understood perfectly well that in order to prosper, a business had to deliver value to its customers and employees as well as to its investors. To quote Henry Ford, "business must be run at a profit ... else it will die. But when anyone tries to run a business solely for profit ... then also the business must die, for it no longer has a reason for existence."

Key number 2: Play to Win-Win

Trying to garner customer loyalty without paying attention to team loyalty will get you the same results as bungee jumping without the bungee.

Today's experts identify an unyielding link between customer loyalty and employee loyalty. It's no coincidence that principled leadership inspires employee and customer loyalty. Leaders with a sense of responsibility and commitment to treating people well are far more likely to attract and retain the best and brightest employees. They will also command the respect of their employees who will see it as their own responsibility and exciting challenge to fulfil the company's mission and to deliver the best customer service possible.

Delivering superior customer service has

immediate and long-term benefits to employees. When the service is good, there is almost always an immediate appreciation from the customer. In the long term, it gives employees a sense of pride, ownership and purpose.

Making a commitment to your team and your customers is a win-win-win situation. Customers are happy. Team members feel a sense of ownership and purpose. And your business will gain the trust of its biggest assets (customers and employees).

Key number 3: Be picky

Attracting the right customers. Yes that's right. Contrary to popular belief, not every customer is right all of the time. The right customer is always right.

This does not mean feel free to let loose on those customers who annoy you. Nor does it mean that "no" is the appropriate response whenever someone feels like it. It means that your company absolutely, positively must be clear about which customers it can satisfy and it must commit to surpassing their wildest expectations of customer service. This is what distinguishes the satisfied customer from the loyal customer.

Being picky applies to your other great asset as well, your employees. You have an obligation to be picky about whom you hire—an obligation to your company, your customers and your other team members. Membership should be seen as a privilege. Not only does it inspire hard work but it fosters greater retention. People value what they have to work hard for to earn.



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PUT YOUR SKILLS TO THE TEST

By Adam Roberts

For a long time now, the way we learn has been changing. Gone are the days when the school system funnelled pupils into jobs - now people rely on training for work and advancement. This is affecting not only employees but businesses, as many are turning to government funded programmes. If you have a strong workforce who you feel may benefit from completing an Apprenticeship at work in Business Admin, Customer Service, Team Leading or Management, or if you have team members who are driven, ambitious and are willing to learn more, a Work Based Qualification may be the place to start. Problem is, things are all about to change.

What's Changed?

New government regulations come into place in April changing the way apprenticeships and work based qualifications are funded. Until April 2017, businesses will still be able to receive free skills training for their employees through the apprenticeship programme. Richard Stephens, a former trainer and assessor who now works as Merit Skills Field Sales Rep, explained it as such: "the apprenticeship levy will require requires all employers operating in the UK, with a pay bill over £3 million each year, to invest, with an allowance of £15,000 for those under in order to fund training." Some employers will be required to contribute to a new apprenticeship levy, and there will be changes to the funding for apprenticeship training for all employers.

WITH GOVERNMENT REGULATIONS SOON TO CHANGE, THERE CAN BE NO BETTER TIME TO JUMP INTO TRAINING AND GET THE QUALIFICATIONS YOU OR YOUR STAFF NEED. THIS MONTH, WE SAT DOWN WITH MERIT SKILLS' RICHARD STEPHENS TO ASK WHAT LEARNERS SHOULD EXPECT IN THE COMING MONTHS.



Who are Merit Skills?

According to official lingo, Merit Skills is a Peterborough based training and consultancy business, offering bespoke training on all aspects of Gas, Water, Health and Safety as well as offering Apprenticeships; both Government funded Adult Work Based Learning and for school leavers. What this means is they can offer training for employees tailored to suit them.

The idea behind work based qualifications

First of all, it's important to delve into how a work-based qualification or an

apprentice differs from regular training. The most obvious difference is in the learning itself - it is largely structured around your current work. Nicely bridging the gap between distance learning and on-the-job training, companies like Merit Skills use individual assessors who come to your place of work, assign tasks based on your current job role and work around you.

The end result is a bespoke training plan tailored to suit both the employee and the company. Richard explained the process as such: "There's no one size fits all, it all comes down to the individual, their learning style, their preferences in terms of how they work, whether they are shy and introverted or whether they are an extrovert, whether they want to do load of work or they want to do the minimum". There are a few stalwarts - an English, Maths and ICT assessment is required to judge where any one learner sits, but otherwise the course is designed to suit the learner.

What happens next?

This is represented in how the course is arranged. Richard took us through the process from this point, saying "the assessor will go out and do assessments based on the qualification, so they would pick their own units." There are certain rules and combinations, of course, but everything is designed to suit the learner. "It's all tailored to that individual as much as we physically can", says Richard, "But the units do have to be something that the assessor can observe you doing and they must be relevant to your job role, because if you pick random units it won't make it beneficial. It needs to be something of substance, something we can see and you can tell us about"

Right here at home

People in Ramsey are already beginning to see the benefits of such training. We spoke to Vicky McCaig, a twenty four year

old currently juggling her administration work at Ramsey-based Safe-Electric with raising her daughter. She told us about the benefits she was already seeing, despite only having just begun her programme. "I like that I can work it around my life", she says, adding that it is currently helping her better understand her role in the company. "I didn't have any previous experience of doing admin, so it actually helps explain what I'm meant to be doing, and helps me learn how to do it well".

Advancement

A third benefit comes in the form of advancement. "If I ever want to change my job," says Vicky, "then I can say that I have done this before and I've now got this qualification to say that I can do it". Richard has seen this number of times, adding that it is of great use to those looking to move up. "Any potential employers will see that and think 'oh, they've got a qualification in exactly the job that they applied for, which always helps", he explains, "especially for managers and for team leaders that want to progress but are finding themselves at a ceiling and they can't actually get anywhere. I find that happens a lot."

The problem, according to Richard, is simply that many people do not know that these qualifications are available, and that they can move up in their chosen career. "Merit Skills want people to know about them, because they are a benefit to people, both individuals and businesses".

On the business front

As for the businesses themselves, just the training can often provide a boost. According to Richard, having a trained, skilled and motivated workforce can significantly help your business. "The productivity increase alone is exponential, the last time I looked - for an apprentice, looking at 16-18 years old, I think it adds about £240.00 a week in productivity additional to what they should already be producing."

All of this could be very valuable to the small business owner, from the self-employed businessperson looking to advance themselves right up to those looking to expand and attract new staff who would benefit from such training. Richard spends time at events such as Ramsey Link4Coffee, held monthly at the Old Nene Golf Club, speaking to such people and finding out what they need for their businesses.

These kind of networking events are an ideal opportunity to learn more about what organisations such as Merit Skills have to offer.



1 Read more books



Surprisingly, this is one of the most popular resolutions, and yet one that is easily achievable wherever you live. Ramsey and Warboys still offer fantastic library services, largely through the hard work of volunteers, so why not nip in and renew your membership? Upwood have taken this one step further with their innovative telephone box, which this month features the work of Upwood's poet/storyteller Bob Elvis. An easy one to tick off the list.

REPORTER RESOLUTIONS

How to achieve your New Year's resolutions without ever leaving Ramsey!

As the song says, it's another year over, and a new one just begun. Time to take stock, and perhaps take the chance to right a few wrongs left over from last year. Starting to feel the weight coming back on? Perhaps

you're looking for something new to do, or something old to give up? Here are nine ways you can achieve your New Year's Resolution without ever having to leave Ramsey.

2 A healthier diet



Again, this one is a piece of cake – in fact, you don't even have to avoid the cake! Ramsey and Warboys offer a plethora of healthy, freshly cooked choices at a number of cafes and bakeries, with many using locally sourced ingredients (just in case your concerns tend towards food miles!) If you are looking to cook yourself something fantastically healthy with a local flavour, why not nip into Ramsey on a Saturday and grab something at Edwards of Upwood's market stall?

4 Back to Exercise



Having sent Adam on a fitness journey over the past few months, we know the benefits of getting down the gym. One Leisure Ramsey is your best friend when it comes to this particular goal, with a pool to swim in, classes to learn in and a sauna to sweat in.

Outside of the gym, there are a couple of local businesses to call upon. Local personal trainer and health blogger Nicola

Kingswood, who is launching Flax&Flex in the new year, offers this advice: "Find a form of exercise you actually enjoy, that way you'll be more likely to continue with it. If you hate running, don't go running! Try swimming or weight lifting, ask advice and enjoy the fact that you are putting in the effort to be healthier".

There is also the group option, such as Ramsey Road Runners or Ramsey Cycling.

3 Give up Smoking



Another resolution that often makes the top ten list, this goal is all about perseverance and willpower. However, there is now plenty of help available to the smoker who is looking to quit. Dropping into your local GP might be a good first step – advice and support is offered to those who want to quit, and the NHS Smokefree service is available online to offer further guidance. Dr Arun Aggarwall, GP at Rainbow Surgery in Ramsey offered this advice to residents looking to generally prevent illness and lead a healthier lifestyle – "Do all you can to keep active and eat healthily. Our nurses are happy to help if you need support to quit smoking. We have extra input from Everyone Health who come to the surgery on Monday afternoons to help with lifestyle advice."

6 Help a Local Cause



One of the most wonderful things about Ramsey is that there are so many caring groups – but they all need a helping hand.

Lets start with fundraising, which you can achieve at a local or national level. There are plenty of businesses in Ramsey which run events or sales you can be part of, and even more charities who desperately need the funding. Take Little Miracles, an established charity whose Ramsey branch is active, vibrant and in need of support.

If you are looking to go further, there are

so many organisations in Ramsey that desperately need new volunteers to keep them going. From long-standing groups such as the Ramsey Arts Festival and the Rural Museum to more social enterprises like the local friendship groups, they all need people to come on board and help out.

The problem is always going to be finding a group that suits you and your needs. One of the best places to find out more is Ramsey Library, which incidentally could possibly use another volunteer...

5 Find a new hobby



If you're looking to add a little fun to your free time, Ramsey has a myriad of groups and clubs to join – far too many to list in fact! Our top picks include the many U3A groups and the Ramsey Crafters, who come together to not only to craft and create but also make a little money in the process. For a more extreme thrill, seek out Connington Airfield or the Nene Valley Gliding Club and take to the skies.

7 Travel more



Okay, so you might have to head outside of Ramsey to achieve this one – luckily local help is on hand. Long-time contributors Not Just Travel will help any want-to-be adventurer find their dream holiday, be it camping in the Sahara or chilling in five-star luxury. If you are in the mood for a challenge, why not ask NJT's Ian about climbing Kilimanjaro for charity – it's quite the story!

If that's not your cup of tea, you could always keep within our borders and try the 'staycation', which has become increasingly popular this year as the cost of travelling soars. If you are looking locally, Stroud Hill Park offers a bespoke campsite amid beautiful farmlands. Closer still is the Ramsey Old Nene Golf Club, with brand new chalets to call your own for a week at a time.

8 Shop online less



You can't shop in a High Street anymore? Who told you that! Both Ramsey and Warboys have plenty of choice when it comes to shopping, especially if you are looking for something a little different. The Great Whyte has become host to a plethora of new shops this year, including shabby-chic paradise Simply Snugg. However, for true Aladdin's Cave shopping, you cannot beat the old favourite Crafty Ideas!

ON LINE   

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UNIVERSITY OF THE 3RD AGE

The University of the Third Age is one of Ramsey's most popular societies, being part of a larger national establishment. This month, they dip their toes into the realm of Am-Dram..

CROWNING GLORY OF COMMUNITY THEATRE

On behalf of the Ramsey and Warboys Reporter, it was a pleasure to be invited to this fantastic display of community theatre.

It was truly wonderful to see so many performers putting their heart and soul into a completely original piece - with many of the cast and crew having no experience at all.

The jokes were laugh-out-loud funny, the songs fun to sing along to and the message something of an inspiration. We could all use a little more fairy-tale in our lives!

Finally, an apology for the lack of photographs in this piece - technical issues abound! But hearty congratulations to the talented members of U3A and their pantomime - I look forward to next year's performance!

Are you ready for the winter chill?

Winter conditions can be seriously bad for our health, especially for those aged 65 or more, under 5 years old, and for people who have an ongoing health problem.

The cold weather can increase the risk of raising blood pressure, heart attacks and strokes.

People with chest conditions are at particular risk of becoming ill during periods of cold and damp weather, ice, snow and high winds.

But there are lots of things you can do to stay well this winter. Read below for simple tips about keeping warm and well:

◆ Heat the home well: Heat the home to a minimum of 18°C (65°F), and make sure you are dressed appropriately for the weather. Above this and people may be wasting money; below this and there is a risk health. This will keep the home warm and may lower the bills

◆ Get financial support: there are grants, benefits and sources of advice available to make the home more energy efficient, improve the heating, or help with bills.

◆ Eat well and have plenty of fluids: food and water are vital sources of energy; they help keep a person's body warm. People should make sure they and their family have hot meals and drinks regularly throughout the day.

◆ Get a flu jab: certain groups can get free flu jabs to protect against seasonal flu, including the over 65s, pregnant women, people with a long term illness or if someone is the main carer of an elderly or disabled person.

◆ Look after yourself and others: on cold days try to avoid going outside. If a person does need to venture out, they need to wrap up warm and take care on slippery surfaces. Look out for an older or vulnerable neighbour or relative during this winter to make sure they are safe and well.

The Magic of Pantomime is alive and well

This year pantomime came early when the Ramsey and District U3A performed 'A Little Bit of Magic' at the Ramsey Community Centre. The show was written for the U3A and involved many of the traditional characters. It told the story of how the magic was lost when children no longer believed in the stories and the characters were stranded on earth until the magic could be found again. Needless to say one little girl, who avidly read 'The Fairy Tales of the Brothers Grimm' brought the magic back and everyone left for Panto-land including the big bad wolf. The show was set in B&Q, because that's where many retired people find employment and the manager of the Huntingdon branch kindly lent us one of their banners as a back drop for the

performances.

Many of the cast had not acted since their school days and some had never trodden the boards. It was a steep learning curve for them all and took many hours of hard work and an equal number filled with laughter. The members of the U3A also provided the backstage and front of house staff, the scenery builders and props makers. Costumes, orange and black of course, were designed and made by a gallant band of seamstresses, and when combined with the make-up, sound, and lighting everything was ready for the show to begin.

The Mayor of Ramsey Counsellor Adela Costello and her husband joined in the fun

at the first of two performances which were played to full houses who sang and shouted out the usual, 'It's behind you' and 'Oh yes it is' at the appropriate moments. They all left smiling and full of the spirit of Christmas having been transported to the land of make believe where princes and princesses have grand adventures and ugly sisters never get their prince, where the wicked queen never triumphs over the good fairy and the big bad wolf is actually just an old softie.

Having watched the show I can safely say that the spirit of pantomime is alive and well in our part of the fens as fairy tales came to life once more and if you want further endorsement Albert Einstein said this: If you want your children to be intelligent read them fairy tales. If you want them to be more intelligent read them more fairy tales.

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MUSIC REVIEW

By Catherine Verrechia



Smack bang in the middle of the cultural scene, Heaven is one of London's more intriguing venues. As you walk in, you get that sneaking sense that you're in Liverpool waiting for the Beatles to come on stage at The Cavern, until suddenly you reach the epicentre where it feels much more modern. With its coved ceiling, brick columns and different levels, the performance area is long and narrow; small enough to feel intimate, but not suffocating.

Loud roars rise up from the crowd as Phantogram take to the stage. They waste no time with idle chit chat, instead they delve into their opener Funeral Pyre, a track from their new album Three. Barthel is at the keyboard and Carter is taking a central position with his guitar. Both members describe their music as "Trip Hop, Electro Rock and Dream pop"; their trippy tunes and frequent keyboard playing in symphony with the guitar confirm these stereotypes, making it really difficult to find fault or compare them with other bands. Phantogram have the essential building blocks to claim their type of music as their own, but past-time genres also come into play. Snippets of Motown creep through, especially with Cruel World and a reference to "hello goodbye" in Mouthful of Diamonds is not lost on Beatles fans. It's that mixture of old and new that really sets this band apart.

Eight songs in and Phantogram still manage to work the crowd up to a frenzy with their ever popular Mouthful of Diamonds from the 2010 album Eyelid Movies. In the opening I hear the tell-tale retro, almost

hallucinogenic symphony and someone three rows back shout, "now this is what I'm talking about". Clearly their earlier works still haven't lost their popularity with fans. Barthel sings this extremely well, hitting the high notes effortlessly and still looking very comfortable. She moves her endlessly long legs in time with the beat and throws her head back and forth, allowing her hair to obscure her face as she loses herself in the song.

Throughout the night, Phantogram's general presence on stage is nothing short of mesmerising. You have Sarah Barthel, the glam, glitzy rock diva who is not afraid to push her songs to a more powerful level, especially with Black Out Days. You also have Josh Carter, Barthel's alter-ego with his sultry looks and quieter persona. Their differences do make for a good team and they frequently acknowledge each other on stage. Carter however, wasn't as warmly accepted as his counterpart possibly due to his voice not carrying as well, but he sang Barking Dog well enough, hanging in there by using the stage effectively and paying tribute to Barthel's sister who sadly passed away during the making of their latest album.

Things are looking up for this young band if they continue shelling out quality songs as well as they do now. Throughout their seven year career, they've already built up a huge fan-base, a great look and a good eye for detail when it comes to looking for those gapping holes in the music industry.



RECIPE



RAMSEY WALLED GARDEN RECIPE OF THE MONTH



SPICY PARSNIP SOUP

An easy to make and tasty soup to warm you up in January – and it is very cheap to make, which is welcome post Christmas. Any left overs can be frozen.

WHAT YOU WILL NEED

2 tbs vegetable oil
700 gm (1½ lb) parsnips, peeled and diced
2 medium sized onions chopped
2 cloves of garlic
1.2 l (2 pints) stock (vegetable, chicken or beef)
3 tsp curry powder or 2 tbs curry paste
or ½ tsp each of ground coriander, cumin,
1 tsp turmeric, ¼ tsp chilli powder, ½ tsp ginger

METHOD

1. Heat oil and fry onion very gently for about 10 minutes.

2. Add garlic and parsnip and cook for a further 10 minutes with the lid on the pan. Add the spices, mix well and cook for a further minute or two.
3. Add stock salt and pepper, bring to the boil and cook gently for about an hour.
4. Liquidise and add a bit more stock if it is too thick. Serve with a tablespoon of crème fraiche and scattered herbs.

TO SERVE

Crème fraiche
Chopped chives, coriander or parsley (whichever you have)

HAVE YOU TRIED MAKING ONE OF OUR RECIPES?

If you have, we'd like to know your thoughts!

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ON LINE



A year in the life of the Great Fen

The Great Fen Team welcome in 2017 with a look back over the last 12 months

2016 was a particularly busy year: Rangers covering all our local areas, Watch Group's young children learning about nature, working parties getting jobs done, community and education, and we couldn't do it all without our amazing volunteers. Here are just some of the highlights

1 Ben Fogle visited to help spread the word about our Fen Friends App Game.

2 Warwick Davis gave his support too:

3 Jeremy Sallis met the Fen Friends who caused havoc in his BBC Radio studio.

4 The team were out and about throughout the area with the Fen Memories Film and Reminiscence Sessions: Great memories to share with all.

5 The Little Bugs grew from strength to strength – such fun for a tiny visitors

6 The Spitfire artefacts were presented at Holme 1940's weekend:

7 Spitfire Film launched. Amazing information and film footage of this remarkable excavation. Bookings for group presentations now being taken.

8 Transformation at Engine Farm. How the landscape has changed.

9 Snipes and large numbers of short eared owls came to say hello. Egrets are starting to colonise at Rymes. Bitterns bred at Woodwalton Fen.

10 A permanent memorial to Harold Penketh the Spitfire pilot, such a fine young man, was unveiled by surviving family members in a very moving service.

11 The end of the year rounded off with a visit to Peterborough Assn for the Blind... taking nature inside to share with our visually impaired friends. The best day they had all year they said and our visit will be the talk of many meetings to come. It was great for us too. What a fantastic year! Next year, Look out for our fantastic Lego Event now being held at Hinchings-brooke Country Park.



We hope that as many of you are able to visit us at our various locations in this wonderful living landscape in the year ahead.
Please visit www.greatfen.org for details. Or contact Mandy Corney on 01487 815524

Throwing down the Gauntlet

By Adam Roberts

Motorcycle project shows the value in getting your hands (and clothes) dirty!

Anyone familiar with a fenland rainstorm knows to avoid the mud on the day after unless you have either a fine pair of walking boots or a tractor. In the case of the Gauntlet Project there is a third option – a motorbike. This month, I found myself clinging desperately to the back of a quad bike as I was driven around a muddy plot just outside of Ramsey in order to understand the goals of the Project, and what it meant for the young people to whom it caters.

The Project

Gauntlet was established as a registered charity in 1995, and since then has been run mainly by a small, dedicated group of management volunteers, including youth and social work professionals, engineers and mechanics, alongside representatives from its young people. The aim? To work as a youth project and encourage members to be safe on their bikes.

Set on a seven-acre site complete with garages, equipment stores and a clubhouse, the Gauntlet Project offers so much more than the chance to ride a bike in the mud (or more preferably the dry) for a couple of hours every weekend. Yes, it was founded to promote safe motorbike riding, and yes, there is a certain educational aspect, but the club's real purpose seems to be growing the young members, enhancing their self-esteem and providing them a place where they can be themselves and develop

a passion without adversely affecting their community.

The Ethos

Since their founding, this ethos has led to the project opening its doors to those from all walks of life. In particular, they aim to work with disadvantaged, disaffected and disabled young people – every month groups from local youth clubs, disabled charities and even young-offenders programmes come down to get a taste of the Project's unique environment.

However, at the core the programme is all about safety. Wayne Arbon, one of the founding members of the Gauntlet Project, summed up their view as such: "The project is designed really to ensure the youngsters drive safely in a controlled environment so the first time as they get out onto the mopeds and we take them right the way up to motocross level. Basically, get them up to the level where they can go out onto the road and do the CBT or get them up a level where if they want to go and get their own bikes they can go onto motocross tracks".

"We always say, come and fall off and our mud as opposed to fall off in out there on the road", Wayne explains to me. "We get kids from special schools, we get younger offenders and they all come down here. They they want to do it and that's the big carrot because they want to do this, they want to learn, and you can turn virtually all



of them around because a lot of them do this out of boredom and if you can do this in a controlled environment and it's something this regulated then there will come on board."

"There's just not enough projects out there like this, and lot of the time it's about finding the funding, but the community absolutely love it because we are out of the way, we don't bother anybody and the kids are off the streets and not riding up and down main roads or estates"

The track

However, all of this is meaningless without the tracks. The current site provides four separate tracks, each with its own purpose. Two circular tracks sit to the right of their main building (all visible from the newly installed viewing area). One allows people to get to grips with the bike, learning to handle the basics and avoid other riders, while the other gives a select few a chance to test the formidable quad bikes in a variety

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with one hand on the throttle!



of conditions. The central area includes a figure of eight track, purposefully designed to teach the value of stopping and observation as bikes cross in the centre. Lastly you come to a jump track, a more motor-cross style environment with short jumps built for the most powerful of bikes and the more skilled, experienced riders.

These all form part of the training programme, which eventually allows students the confidence to take their CBT. As Wayne explained it to me, "we do our own testing system which we call the GBT, which is The Gauntlet basic training, and basically that mirrors what they are going to see when they get onto the road." This includes how to start a bike, how to look after a bike, things that you need to check before you actually get out of the road and even what to check when you come back off the road.

While in practice this gets the members up to speed on a bike, ultimately it can become something more, as Wayne confirms. "They take those skills away with them with had some major successes with the guys that I got some really good jobs in the automotive and motorcycle industry is there get apprenticeships out of it. We run City and Guilds courses as well so they could take those certificates to a potential



employer and get into apprenticeships and that's awesome".

The Bikes

It is fair to say there's no shortage of bikes on site. Opening up their cavernous garage reveals bikes of all sizes, most of which are in various states of repair. Everything from the 50cc pedal bikes to fully automatic 250cc motor-cross beasts lie within, most of which have been donated in need of a little TLC and nursed back to health by the Gauntlet team.

On that cold morning, a black quad-bike was up for testing, having only just recently been repaired by the team that comes in most Wednesdays (and occasional Thursdays)

to fix up the broken bikes. As ever, the young members are fully included in these sessions, with volunteers teaching them the mechanical side of biking. In the case of this quad, they had clearly done the job well. It took to the track and handled everything the young riders could throw at it (The other one ran out of petrol and electricity for a bit, but that's all just par for the course!)

The Money

With so much gear on hand, you would think donations were up. In the past, the club has contributed their funding to days out around the country. 'Hip', the very knowledgeable and personable volunteer who spent the day dashing from track to track on a quad bike to fix whatever bike was struggling, had taken groups to races and day-events in the past, bringing along the bikes and all. The project has also previously entered the national competition Youthbike, winning trophies and accolades for their young members, all of which had the opportunity to take part in these events.

Sadly, funding has in fact dropped over the last few years, leading to fewer of these days out and a concentration on equipment, which is needed for such a sport. Oddly enough, there is a current demand for boots – while many people have donated the obvious items such as helmets, gloves and boots are at a premium. If you've got an old pair kicking around at home, why not drop it by?

The future

Looking to the future, the project is becoming a template for other groups and institutions hoping to curb anti-social behaviour. This month, Peterborough Green Party Leader Julie Howell visited the site with a few members of her team after hearing from Rob on the radio. A current parish councillor

in Peterborough, 's neighbourhood had a long and problematic relationship with young people on motorbikes, but was confident that projects like these could be the key. Speaking of her experience at gauntlet, she said: "obviously, we are not huge fans of the motorbike in the Green Party but we are huge fans of people doing what they will do safely and responsibly, and it is so great to come out here and see young people doing this on a Saturday morning and not at home, in bed, so that's something we really do support... Coming out here, being in the fresh air, doing something positive, that's got to be a good thing for our young people so we really encourage it". She left both impressed at the quality of the training on offer and it's effect on anti-social behaviour, although there was some concern that a "not in my back yard" attitude may affect any new projects.

Quite frankly, if a petrol heavy, noisy and muddy bike course can impress a member of the Green Party, I cannot see how anyone else would not be interested. That being said, the project is always on the lookout for new volunteers. As a poster at the site suggested, you don't need to have a lot of knowledge about bikes - just a lot of enthusiasm! If you have any experience

or interest in instructing, mechanics, IT or youth development, don't hesitate to get in touch.



Gauntlet is open on Saturday Mornings for 11 - 16 year olds from 10 am - 12.30pm (Carers of any referred young people/care agency sponsored young people must contact the project and complete a Referral form before their young people may attend).

All new visitors to the project must bring with them a completed Consent Form. For more information, visit <http://www.gauntlet.talktalk.net/>.



CARS OF 2017



ALFA ROMEO STELVIO

Release Date: Autumn
Classification: SUV
Expected Price: £32,000
Anticipation Level: 🐾🐾🐾

Alfa Romeo has long been looking for an SUV that can compete at the top levels. Set to be unveiled at November's L.A motor show, the Stelvio will leave the brand charge not only in the European markets but also in America. Sources say we should expect an 8-speed auto gearbox and a 2.2 litre diesel engine but nothing is confirmed. However we do know the car is going to look fantastic. Its an Alfa



BMW 3 SERIES

Release Date: Winter
Classification: Saloon/Executive
Expected Price: £31,000
Anticipation Level: 🐾🐾🐾🐾

the Germans are to going to be out in fighting force next year, with both BMW and Audi both expected to make big changes to their current ranges. One of the most heavily anticipated is the new BMW 3 Series, with 3, 4 and 6 cylinder engines alongside an electronic version expected to achieve a range of around 300 miles. As for the styling, expect things to be pretty similar. This could be the compact executive saloon to watch.



FORD FIESTA

Release Date: Spring
Classification: Supermini
Expected Price: £13,000
Anticipation Level: 🐾🐾🐾🐾

Who doesn't love Ford Fiesta? For that reason, Ford won't be making too many changes to their new model on the outside, but big changes are likely to come within, due to Ford's expectation that the Fiesta will move upmarket given its prestigious sales success. This means better infotainment systems and a generally more premium feel. Expect a price hike though.



LANDROVER DISCOVERY

Release Date: Spring
Classification: 4x4
Expected Price: £43,500
Anticipation Level: 🐾🐾

Taking their cues from the highly popular Discovery Sport, next year's Discovery is going to be a sleek, sculpted and modern 4x4 that could be almost 500 kilograms lighter...but don't think this doesn't mean it isn't still the fantastic off roader we expect! All terrain progress control and the addition of a brand-new terrain response system is sure to keep you comfortable even on our potholed roads.



NISSAN LEAF

Release Date: Unknown
Classification: Electric
Expected Price: £25,000
Anticipation Level: 🐾🐾🐾🐾🐾

With the new Leaf Nissan are raising the bar even higher; extending the cars range, using a new compact battery and offering an efficient electric drivetrain. While everybody enjoyed the futuristic angles of the concept Leaf, chances are the end product will have a more utilitarian form and less of a Star Trek look.

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65 Corsa 1.4 SRI 3Dr (New Shape), Met Grey, 7,000 Miles	£8,995	£8,695
65 Corsa 1.4 3 Dr Design, Silver, 14,000 Miles		£7,995
65 Corsa 1.2 5 Dr Design, Silver, 15,000 Miles		£7,995
64 Corsa 1.4 Limited Edition, Pepperdust, 10,000 Miles, Local Car		£7,995
63 Corsa 1.4 SE 3Dr, Yellow, Only 2,000 Miles		£6,995
15 Corsa 1.2 Sting (New Shape), Black, 5,000 Miles	£6,995	£6,495
60 Corsavan 1.3TD Sportive, Silver, 42,000 Miles, No VAT!		£3,995
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63 Astra 1.6 Elite Auto, Silver, Leather, 40,000 Miles		£7,995
63 Astra 1.4 Energy 5Dr, Blue Metallic, 26,000 Miles, Local Car	£7,495	£6,995
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64 Insignia 2.0 CDTi Ltd Ed, Black, 5,500 Miles Only, Price New	£14,995	£12,995
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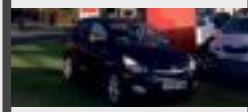
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IS IT THE RIGHT WHEY?

A new groundbreaking study will have fans of whey protein going whey-heh!

New research from the University of Reading in partnership with Volac, the family run company who created Upbeat Active and has employees who commute from the Ramsey area, has found evidence that whey protein can help slash the risks of heart disease and stroke.

In an eight-week study, the culmination of five years of research, 38 men and women on the verge of hypertension (high blood pressure) consumed two protein shakes amounting to 56g of protein a day.

They discovered that consuming whey protein—a natural dairy by-product and key ingredient in Upbeat Active—every day can reduce the risk of heart disease and stroke by around 8%.

It was also found to reduce four key markers that contribute to hypertension. They found significant reductions in both systolic and diastolic reading over 24-hours after consuming the supplement.

This research would seem to underline what many other studies have been hinting at for years, that whey protein has more health benefits outside of assisting in the synthesis of muscle tissue.

Anita Bean, an independent nutritionist and author of The Complete Guide to Sports Nutrition, believes this is one of the first studies to show whey protein could have

broad health benefits beyond solely sports and exercise. Speaking exclusively to The #fuel657 Journal, Bean stated "Whey protein is commonly used by athletes but this is one of the first studies to show whey protein could have much wider health benefits for the general population. The results showed small but statistically significant reductions in all of the markers that contribute to CVD risk factors and could offer help to thousands at risk".

Suzane Leser, head of nutrition for parent-company Volac, also spoke of her hopes of a wider appreciation for the benefits of whey protein. "Heart disease, high blood pressure, diabetes and cancer are all silent diseases that can be protected against by improving your cardio-

metabolic health, helping the metabolism function well and generally helping you be active and healthy in later life", says Leser. "This outcome contributes to Volac's long-term ambition to prove a number of health benefits for whey protein that builds on its well-established role in muscle health", she says.

Of course, the substance in question is not only found in health stores and milkshakes. Whey protein currently accounts for around 20% of the protein found in milk, and is a natural by-product in the process of making cheese, so you may have been a fan for longer than you thought.

What do you think of this new research? Do you use whey protein products? Let us know by emailing

info@ramsey-andwarboysreporter.co.uk



SWIMMING POOL TIMETABLE ONE LEISURE RAMSEY

Mo	Early Birds 6.30 - 8.30	Baby & Toddler Lessons 9.30 - 10.00	Private Use 10.00 - 11.00	Parents & Under 5's 11.00 - 11.55	Adult Lanes 12.00 - 1.00	Private Use 1.00 - 3.30	Junior Lessons 3.30 - 6.00	Public Swim + 1 Lane 6.00 - 7.30		Lane Swim 7.30 - 9.00
Tu	Early Birds 6.30 - 8.30	Private Use 9.00 - 11.00		Aquafit 11.05 - 11.55	Adult Lanes 12.00 - 1.00	Private Use 1.00 - 4.00	Junior Lessons 4.00 - 6.00	Public Swim 6.00 - 7.00	Lane Swim 7.00 - 8.00	Private Use 8.00 - 9.00
We	Early Birds 6.30 - 8.30	Baby & Toddler Lessons 9.30 - 10.00	Aquanatal 10.05 - 10.55	Parents & Under 5's 11.00 - 11.55	Aquafit 12.05 - 12.55	Private Use 1.00 - 3.30	Junior Lessons 3.30 - 6.00	Floata Fun 6.00 - 7.00	Aquafit 7.05 - 7.55	Lane Swim 8.00 - 9.00
Th	Early Birds 6.30 - 8.30	Private Use 9.00 - 10.30	Adult Lessons 10.30 - 11.30	Private Use 11.30 - 12.30	Adult Lanes 12.30 - 1.00	Private Use 1.00 - 4.00	Junior Lessons 4.00 - 6.00	Public Swim + 1 Lane 6.00 - 7.30		Lane Swim 7.30 - 9.00
Fr	Early Birds 6.30 - 8.30	Private Use 9.30 - 11.00		Parents & Under 5's 11.00 - 11.55	Adult Lanes 12.00 - 1.00	Private Use 1.00 - 3.00	Junior Lessons 3.30 - 6.00	Public Swim + 1 Lane 6.00 - 7.30		Canoe Club 7.30 - 9.30
Sa	Early Birds 7.30 - 8.30	Junior Lessons 8.30 - 11.30			Party Hire 12.00 - 12.50	Floata Fun 1.00 - 3.00		Party Hire 3.00 - 3.50	Swimming pool closes at 3.50pm	
Su	Lane Swim 8.00 - 9.00	Family Fun 9.00 - 11.00		Parents & Under 5's 11.00 - 11.55	Party Hire 12.00 - 12.50	Floata Fun 1.00 - 2.30		Public Swim + 1 Lane 2.30 - 3.45	Swimming pool closes at 3.45pm	



FITNESS CHALLENGE

In this month's fitness challenge, Adam tackles a surprisingly poor fitness test and gets to grips with the technical side of things with a new bit of keep-fit kit.

Okay, let's get the bad stuff out of the way first. This month, for the first time, I am fatter than I was last month.

This is weighing on me for three reasons. Firstly, everyone has been incredibly lovely about this column, including one particularly lady I met this month who has lost six stone and urged me onwards! Secondly, due to your encouraging comments I know people are actually reading this column, which is more than I can say for my usual work, and



TAKING THE GOOD WITH THE BAD...

Sometimes its all about seeing the positives

therefore it is a rather amplified failure. And lastly, we only decided a couple of weeks ago that this segment would continue. If only I had let it lapse no-one would know! Ah, well. Sorry for letting you guys down – it won't happen again!

What's happened?

So, here's the skinny. Firstly, I have not actually put on weight – on the scales I still weigh exactly the same as I did last month, which is a stone and a half down from my starting weight. This all comes from a body-fat percentage test, the test which regular readers may recall previously led to me breaking Ramsey One Leisure's scales. Well, they bought in a new 'Adam-proof' and tested me again this month, which showed all the wrong things. Body-fat percentage was up by around 3%, muscle mass had amazingly gone down and my visceral fat was higher than before. And yet, my waist continues to shrink and I have never felt better about myself. I was certain this is the fittest I've been in years.

Around twenty minutes after discovering all this came the good news – I'm not just conning myself, I really am fitter! According to a fitness test taken on the (hated) treadmill, I have improved my cardiovascular endurance over the same period I've increased in body-mass. The advice from the ever-motivating Nicola, don't worry about it too much, if my fitness is improving it's a good sign! Oh, and now I should come to spinning before pump...

Pump it (louder!)

Spinning, as I have mentioned, is something I've found particularly tough. After an hour of that, the mere thought of a further hour of weight-based cardio turned my stomach – but we haven't called this a challenge for nothing!

The first hour on the bike was naturally hard. Having completed a FTW test to properly

calibrate the bike, I discovered that I was in desperate need of padded shorts and that I should be aiming to produce around 180 watts. After the session, I also realised this is near impossible for me in a standing position! Kudos to the ladies in front of me who kept their bikes in the red throughout the sprints – I'm still learning to love the yellow...

In fact, it was these same ladies that I found myself following into pump! How do you do it, I wondered to myself. As it turns out, you can rely mostly on a staggeringly high endorphin rush from spinning, which conveniently kicks in just as you pick up the heavier weight bar! Having made it through an hour of squats, cleans and lunges, there is a couple of things I feel you should know. Firstly, if you only want to really push once a week, this is the combo for you! Everything gets a nice workout and you thoroughly feel as if you have achieved something, even if it's only a good excuse to pile on the calories. Also, if you are going to embarrass yourself, do it in pump class...

A fall from grace

Now, if you're like me, your worst nightmare is public embarrassment in a fitness embarrassment. Add to that a crowd of people in a fairly quiet gym hall, including several women you have known since you were about four years old, and I would say we are about three fifths of the way through an anxiety dream. Or, in my case, a pump

session where I entirely gracelessly fell on my face of a foot-high step.

I would love to say this was nothing more than a minor trip that I stylishly turned into some kind of push-up before getting on with the class. Unfortunately, I spectacularly launched the step four foot forward while I dropped onto my face like a clumsy penguin. So spectacular was my landing that Nicola, my aforementioned long-suffering instructor, fell off her own step laughing at me.

And yet, no-one else minded. Someone even ran over to help grab the step (and set it up properly so it wouldn't happen again). I quickly got on with the workout, which had progressed to tuck jumping regardless of my tumble, and finished much as anyone else would. No mess, no fuss. Not only were people rather nice about the whole thing, but most didn't even notice, as they were busy concentrating on their own fitness and not the long-haired newbie in the corner with the badly-made steps.

So there it is: Gyms are nicer than people think, or at the very least everyone is concentrating so hard on their own fitness they won't notice yours! So, what have you got to lose.

Next month, Adam's diet takes a surprising turn, and he finds out what exactly a kettlebell is. Oh, and he learns to move his head when lifting a 10kg bar...



WHY NOT CHALLENGE ADAM?

With this challenge over, we are now looking for another way to make our editor suffer expand his horizons.

Do you have any ideas?

Contact us at mail@ramseyandwarboysreporter.co.uk or call 01487 462 100

BE A BIT FIT WITH FITBIT - OR BECOME A LITTLE BIT OBSESSED

Clearly, Santa had heard of my fitness struggles and sent a new bit of technology my way.

That's right, this month I joined the hordes of fitness fanatics with my new Fitbit. The result? It turns out, strapping a small device to your wrist which constantly measures your every moment does motivate you!

If you've not heard of these little gizmo's, imagine a thin digital watch with sensors in the back constantly measuring your heart-rate and location. Add in a pedometer, a stopwatch and the will to run your life, and you're close to what the Fitbit becomes.

Okay, maybe not run your life, but you will end up checking it at every interval. Set up the app on your phone and you really can control things, adding your meals to track calories and challenging your Fitbit friends to compete in step challenges. Fortunately for me, by brother and two pals were also visited by Fit-



ness-Santa, which has led to a constant competitive march for 10,000 steps. I've achieved this once, and by god is it tougher than you would expect! If you've got an active job or kids, it may be a tad easier, but for a writer this was a nightmare...

But does it help? Absolutely. Like a guided fitness missile aimed at my craving-fueled brain, having a constant reminder that you could be being fitter on your wrist does push you. The nice thing about the fitbit is that it can be as constant as you like – either gently reminding you to move every hour or just sitting there and letting you set your pace. Its easy to use and not constantly patronizing like many other apps (telling me "you did X steps today, now do more tomorrow!" Not the way to motivate!) My advice, use it as another tool in your arsenal, and you'll get along just fine. Now excuse me while I go get my 250 steps for the hour...

According to Fitbit marketing, you'll end up happily chopping vegetables like this active couple. Not so sure about that, but it is a pretty useful bit of kit





2016 has been a packed year for us, from first solo's to fantastic competition results and a new fleet of club gliders. We kicked off the year with our annual maintenance shutdown in preparation for the busy soaring season to come. This is a busy and important period for us as we take the time to repair and renew our ground equipment that keeps us flying throughout the year. The early months of spring often provide the perfect weather for training flights, albeit the air time rarely lasts more than a few minutes, it gives trainees to practice their take off's and all important landings.

Come June, and Nene Valley Gliding Club are ready to welcome the newest batch of keen learners for the local college. Now in its

The sky's the limit 2016 at Nene Valley Gliding Club

By Bethany Aston, NVGC Publicity

third year our scholarship program that runs alongside Ramsey Abbey College continues to be a resounding success. This year six lucky students were offered the opportunity to learn to fly gliders with us to solo standard. August saw our annual task week take place. Task week is an opportunity for solo pilots to

take to the skies to complete a range of tasks, ranging from cross countries to personal bests, it is opportunity for development and self discipline. We also hosted our first 4 Clubs Young Pilots challenge, a competition designed to bring together young glider pilots from Upwood, Bicester, Dunstable and Cambridge, which proved to be a resounding success for all involved and we look forward to taking part again in the years to come.

As the soaring season came to an end in September, the personal achievements didn't end there. Five young pilots earned their wings as they took the sky to complete their first solo's. Congratulations Zoe Woodward, Zoe Fowler, Sam Lee, Toby Temple and Jordan Keilty and Paul Johnstone, who went solo again after nearly thirty years out of being out of the cockpit.

It may be cold and dark by 4pm but life at Nene Valley Gliding Club doesn't stop. Look up and you'll still see us flying in the skies above Upwood and Ramsey.

On a personal note, I would like to thank the continued support and hard work of the members of Nene Valley Gliding Club old and new. Whether it be repainting a wing, repairing a broken clutch, cutting grass or cooking bacon sarnies, their dedication ensures that we will be gracing the skies in years to come.



'Paul Johnstone collects his wings having flown solo for the first time in over 30 years'

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MIXED RESULTS FOR RAMSEY PAVILION FC

December was an up and down month for Ramsey Pavilion FC has seen them claim one win, one draw and one defeat from their last 3 matches. Soham United Reserves were the first to visit Cricketfield Lane where a hard fought match ended in a 2-2 draw. The visitors had at one stage held a two goal lead so, despite dropping points, it was pleasing to see the way the Pavos battled their way back into the match to earn a draw. Kyle McPartlin scored the first goal for Pavilion before new signing Jake Burton scored the equaliser on his debut.

Next to visit Cricketfield Lane were league leaders Little Downham Swifts who have won all six of their previous league games. Pavilion started the game well and looked to have the high flying Swifts rattled early on, but failure to convert their early chances eventually cost them dearly. Goals from Stephen Hurst and Kyle McPartlin had the



Jason Wilson scored twice for Ramsey Pavilion against Mildenhall Utd.

Pavos well in the game at 2-2 but eventually their opponents over powered them to run out 6-2 winners.

Bounce back

Eager to bounce back from this defeat the Pavos welcomed Mildenhall United to The Lane the following week, and bounce back they certainly did! Four goals from Jake Burton, a Jason Wilson brace and goals from Kyle McPartlin & Stephen Hurst helped the

Pavos to a convincing 8-2 victory.

Four points from the last three games has seen the Pavos move up to 6th position in the league table with two games in hand on four of the five sides above them.

If you are interested in sponsoring the Ramsey Pavilion FC then there are many affordable ways in which you can do so, just visit www.ramseypavilionfc.co.uk/ sponsorship for more info.

Upcoming Fixtures for Ramsey Pavilion FC

Sat 7th January	Away vs. Isleham Utd	14.00 kick off
Sat 14th January	Home vs. Mepal Sports	14.00 kick off
Sat 28th January	Home vs. Wimblington	14.00 kick off

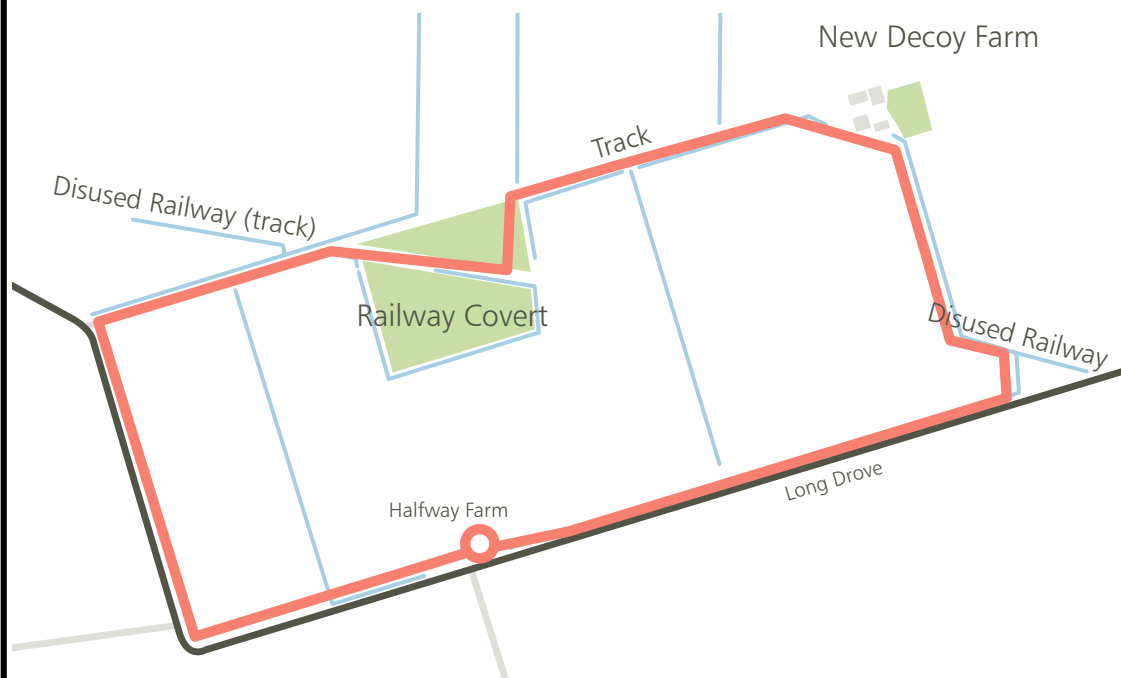


Meeting Point: Great Fen Information Point, Long Drove, Ramsey St Marys

Time: 55 minutes

Grade: **ORANGE**

Significant hazards to be aware of: Uneven paths, tree routes.



GREAT FEN Health Walk

1. Take the path leading out the back corner of the car park and follow it.
2. Walking through 'Robinsons Ponds' & through the gate at the end. Continue left & then follow the path turning right.
3. Continue along the path way so that you are walking the perimeter of the field.
4. Arrive at the woods & continue walking along the muddy footpath. The path bears to the right and then to the left. Tree roots
5. At the 'crossroads' in the wood, the path to the right leads to the ballard hide, & the path to the left leads you out the woods.
6. Continue along the grass path walking the perimeter of the field eventually walking back towards the car park.

ONE LEISURE: GET THE 'RIGHTSTART' Which class is right for me?

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All exercises take place in the chair and no standing is

required. This level is suitable for wheelchair users.

RightStart 2: Chair and strength exercise

Exercises take place in the chair. Standing alternatives are available for people who wish to increase their strength and

stamina.

RightStart 3: Strength and balance exercise

This is a strength and balance class and will suit people progressing from Level 1 and 2 or people who can stand for short periods of time. The chair is

used for support when standing.

RightStart 4: Postural stability

A progressive falls-prevention class that includes strength, balance and postural stability work. There are currently no classes available.

RightStart 5: Aerobic/circuit type exercise

Suitable for people who are slightly more active, with stable medical conditions and for those progressing from Level 3. A fun, social class with light to moderate exercise based around

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A new year and a new you with Rightstart

Starting new activities can sometimes be daunting, especially if you have existing medical conditions. However, Huntingdonshire District Council's One Leisure Active Lifestyles Team offers specialist exercise classes for older adults, while also catering to people with a wide array of medical conditions.

The RightStart scheme offers a range of group exercise classes, including chair-based exercise, strength and balance classes and aerobic and circuit-style classes. Classes are fun, friendly and taught by qualified exercise professionals. All classes are suitable for people wanting to exercise for the first time or returning to exercise after a medical condition.

Classes are held weekly at various locations in Huntingdonshire and cost £3.50 per class. No pre-booking is required, but you can pre-pay for ten classes at £31 and save a little money.

If you are attending for the first time, please turn up 15 minutes before the start of the class to meet the instructor and complete a short health questionnaire. It is always advisable to check with a health professional before beginning any exercise programme. So, if you are looking to feel more active this new year, why not give RightStart classes a go.

To find out more about what classes are on offer, turn the page and check out "Get the right start" on page 35.

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Cambelt Cambelts should be changed in line with recommended service intervals to avoid failure which could cause costly damage to your engine	£229	£229	£229	£269
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PRICES INCLUDE LABOUR & VAT				

* Please ask at Service Reception for full details

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